



SCHOOLS
**Students' views
on coronavirus**
Page 3, 5, 7, 8



BUSINESS
**QVCDC continues
its work**
Page 12



COMMUNITY
**Bunny Parade
hops thru towns**
Page 16

Special Edition

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The Journal Register

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SCHOOLS

Student photo collage gives thanks to teachers

By Elise Linscott
elinscott@turley.com

PALMER – This special edition of the Journal Register has a special message for Palmer teach-

ers from students and their families: Thank you!

The photo collages from Palmer High School and Old Mill Pond students and families was organized by Palmer PTO member Me-

lissa Petrasiewicz. She said both she and her kids attended Palmer public schools and she's thankful the district has teachers "that go above and beyond" for their students.

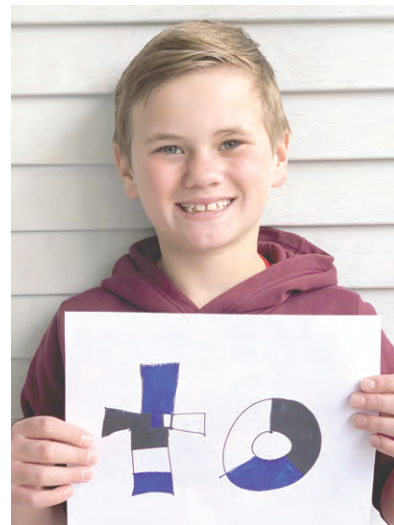
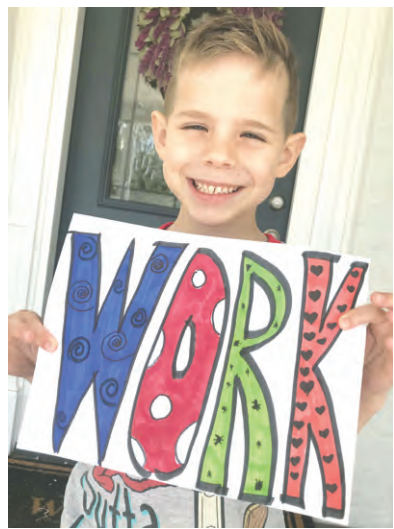
"This is for the staff, because they're being challenged with a new way of learning and new way for the kids to connect to the teachers, and to send a message that they're being appreciated for all

their time and effort during such a difficult timeframe," Petrasiewicz said.

She noticed similar gestures were being done in other school districts, so she created a group

online and invited local parents to join, assigning a word to each family who wanted to participate.

Please see the PHS collage on page 8.



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Student Submission Issue

Counting
turtles



TURLEY PUBLICATIONS

We would love to give you or your kids a fun little project each week.

Find **TURLEY** (the turtle) our new mascot within the paper. Have fun and count how many times you find Turley. Email your results along with your name, town and turtle count from what paper to elinscott@turley.com. We will post your name and count in the following weeks paper. *Correct answers will be submitted for a monthly drawing and a chance to win a prize.*

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Featured photo of the week



Blooming daffodils, submitted by Rosalie Janasiewicz of Palmer

The Journal Register OBITUARY POLICY

Turley Publications offers two types of obituaries. One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place. The other is a **Paid Obituary**, costing \$100, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.

Turley the turtle count

Akasha, Akirah and Akeena Santos-Thomas of West Warren counted 15 turtles in the April 9 Journal Register. Peter Schonback of Monson counted 11. Correct answer: 15.



DEADLINE

The Journal Register has changed its firm deadline for public submissions to **Mondays**. To get your submission in for that week's edition, email Editor at elinscott@turley.com or call the office at **413-283-8393 by noon on Mondays**. We appreciate the cooperation of our readers.

Corrections

The Journal Register will gladly correct factual errors that appear in this paper. Corrections or clarifications will always appear on Page 2 or 3. To request a correction, send information to Editor at elinscott@turley.com, or call 283-8393, extension 236. Corrections may also be requested in writing at: Journal Register, Attn: Editor 24 Water St., Palmer, MA, 01069.

Monson weighs delaying deadline for nominations

By **Jonah Snowden**
jsnowden@turley.com

MONSON – The Annual Town Election is scheduled for Tuesday, June 9. To make sure residents interested in running for an office have a chance to, Monson Town Clerk Mary F. Watson said that she has been in contact and making appointments with anyone interested regarding picking up and dropping off nomination papers.

She also said that although nomination papers are available until April 16, the deadline could possibly

change if more applicants turn in their papers. Currently, the deadline for applicants to turn in their papers is April 21.

The offices that are available to apply for are the Board of Selectmen, Town Clerk, Board of Assessors, Cemetery Commission, Water and Sewer Commission, Parks and Recreation Commission, and Housing Authority.

For more information, contact the Town Clerk's Office at 413-267-4115, or email townclerk@monon-ma.gov.

Palmer leaf composting spring schedule

The Town of Palmer's compost area off of Old Warren Road will be opened the following dates and time to give town residents the opportunity to dispose of their leaves and grass clippings. Please place leaves and clippings only in brown paper bags and do not leave them outside of locked gate.

SAT.	SUN	TIME
4/25/20	4/26/20	9A-5P
5/2/20	5/3/20	9A-5P
5/9/20	5/10/20	9A-5P
5/16/20	5/17/20	9A-5P
5/23/20	5/24/20	9A-5P
5/30/20	5/31/20	9A-5P
6/6/20	6/7/20	9A-5P

“Keep Palmer Clean” to hold neighborhood cleanup contest

By **Jonah Snowden**
jsnowden@turley.com

PALMER – All it took was one afternoon walk – and seeing endless litter amounts scattered throughout town – for Palmer resident Joe Nompoggi to start “Keep Palmer Clean” and orchestrate town cleanups, one of which will still be taking place, regardless of the COVID-19 pandemic.

Since starting Keep Palmer Clean, Nompoggi said over the years, he has gotten a lot of participation from not only residents but businesses and other groups as well when it's time to do a cleanup.

“The goal of Keep Palmer Clean is to get people motivated to do it themselves and stop waiting for someone else to take care of it for them,” said Nompoggi. “If everybody contributed, there wouldn't even be a need for (Keep Palmer Clean) anymore.”

Groups include the Department of Public Works, who have helped dispose of the collected trash. Nompoggi said has he also received help from Town Council, who is responsible to helping coordinate and get multiple businesses such as Dunkin' Donuts to lend a helping hand. Other groups include Massachusetts Department of Corrections, Three Rivers Chamber of Commerce, McNamara Waste Services, and more.

A few of the significant things Nompoggi said he and other participants have done regarding the clean up is pull tires of rivers and get rid of entire abandoned mattresses. He also said that he learned that a lot of litter comes from residential houses, and when bags are loosely put in barrels, trash has the possibility to blow away.

This year, because of COVID-19, Nompoggi said that he still wants to have a cleanup, but make it more fun, and abide to the rule of social distancing, which is encouraging all willing participants to clean up in their own neighborhoods and send a PM (private message) of a picture of them cleaning to the Keep Palmer Clean Facebook page. Once 20 photos are submitted, the contest will officially begin. The top three contestants, who receive the most amount likes, will win a \$10 Dunkin Donuts E-Gift Card.

Although he enjoys doing the annual cleanup, Nompoggi said that he wishes that these cleanups had a much a bigger impact, and that usually withing six months after the event, the litter problem reappears.

“It's hard to know what kind of difference we're making,” said Nompoggi.

He also said that there is a misunderstanding on what Keep Palmer Clean is. He said that some people believe that the group is run by a company that has unlimited funding and resources and he's even got messages from people requesting to clean up specific neighborhoods.

Nompoggi said that he doesn't want this misunderstanding to continue, or for residents to rely solely on Keep Palmer Clean to keep the towns litter problem at bay.

To get involved in the contest, ask questions, or learn more about Keep Palmer Clean, visit their Facebook page, which is under the same name as the group. There are also several online resources focused on combatting the issue of litter that are shared on this Facebook page as well.

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As many of our community members are beginning to limit their time in public spaces, we are making changes to help every family make arrangements and gather from wherever they feel safest and most comfortable. **We are prepared to help you make arrangements online, via video call or over the phone. We can even live stream memorial services for family members that cannot attend.**

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Student Submissions

The Journal Register reached out to the Palmer High School ELA department to ask if any students would like to right about how the coronavirus is affecting them. We accepted essays, poems and photos. We got a great response and are so happy to share these with the community.

My name is Jordan Bigda, I am 13 years old and I have one brother. I also have a dog named Grover. I like to play soccer and basketball in my freetime. My favorite subject in school is math.

Living in Quarantine

By Jordan Bigda

One day I'm in school learning about macromolecules, then the next I'm stuck in my house for 7 weeks straight. This happened because of Covid-19, also known as the coronavirus. The coronavirus is a respiratory illness that spreads easily from person to person. Living in quarantine has allowed me to work on things that usually I don't have enough time for in the day. For example, this week I learned how to shuffle cards and I also had time to participate in a school collage that a volunteer was working on. Most of my day has still been taken up with school work. I still think it's a good idea to keep your brain working. This might seem like a time for people to sleep, play video games, and sit on social media all day, but it's not. You still need to stay productive and keep up with what you are learning in school. When I'm not doing school work I'm not laying around either. I've practiced juggling with a soccer ball, and I've been staying in shape by running on my treadmill or running outside. Another thing I do when I get bored is bake something, last week I made cookies and brownies. However, everyone still needs time to rest and play video games to have fun with their friends online because they can't be together during this situation. You can also take a short walk around your neighborhood with a trash bag and pick up some trash. That would help the environment, and you get to get some exercise and get out of the house to get some fresh air as well. Anything can be fun if you make it fun. Just because I can't have a sleepover doesn't mean I can't facetime my friends every night, or facetime them during the day. There are so many activities to keep you learning, active, occupied, and participating in the community over this difficult time, but sitting around and doing nothing is not the answer.

By David Pereira

My life in the quarantine is going pretty good. At the first part of the quarantine I was able to go over to my friend's house and play video games. That was fun but now I am not able to go anywhere, my parents want me to stay home and do my schoolwork. The only places I can go are to the gas stations only for milk and stuff that we need. I normally just play a lot of video games with my friends if my dad does not need my help with stuff around the house. Normally he will make me do one thing around the house and then I can go and play my video games for however long I want to. I play video games with my friends Miguel, Travis and Billy. We play a bunch of games while we are on xbox. Sometimes it gets boring some days because I can't really do much. Sometimes I will be really bored and just go on my phone and watch youtube unless I am doing my schoolwork. I like the quarantine a little bit because it is fun that I don't have to go to school and that I can sit home and play video games with my friends. It's fun going online with my friends because we talk with each other and make each other laugh. When I am bored sometimes and I have nothing to do, I will go outside and play soccer with my brother. Sometimes my mom will let me go outside over Jordan's because I live 3 min away but she doesn't want me going inside his house. We stay outside and play basketball and soccer also with his brother. But it is really rare that my mom will let me go over to his house. So I think so far my quarantine is not the worst so far. It is pretty good just besides that I can't go over people's houses or that some days I'm really bored. I'm really happy about this quarantine because it gives me a break away from school and that I can sleep in and relax.

My name is Richie Gula and I miss school, friends, and sports but I also kind of enjoy the time off.

By Richie Gula

Life under quarantine is actually better than what people think of it. There are many benefits to being in quarantine. My favorite part of being stuck in quarantine is the fact that I can sleep in till almost whenever I want and stay up as late as possible. The only reason I don't sleep all day is because I'm still trying to learn and keep myself ready for when I go back to school. My teachers have been keeping us all up to date by still giving assignments and work to be doing while in quarantine. The work the teachers give us is almost like a shortened class period. We still work as hard and try our best while in class. My teachers all have been very understanding and really appreciate us going to class. Something else I enjoy about quarantine is that I play Xbox all day long. Me and all my friends play until our eyes start to hurt. Time flies when you get to do something you love everyday. Not only do you get to game all day, sleep in until whenever you want, and still learn at the same time, but you also get to make whatever you want for food. Not that my school lunches are bad but pizza everyday sounds a lot better. There are many things to think about with a positive attitude during quarantine but there definitely are negatives to this. The thing I dislike most about quarantine is something I think a lot of us have in common is not seeing family and friends. I think to myself everyday about how my friends are doing. I do talk to my friends over social media and gaming but it is way different in real life actually seeing your friends and talking. The other huge part I dislike about quarantine is no sports. I love sports like basketball and baseball and without them I've been very bored and always getting cramps since I'm never really running. I miss seeing everyone like my teachers and friends but I'm glad we all are safe and doing the right precautions to keep it that way. I enjoy quarantine but at the same time, I really do wish none of this ever happened.

Greetings my name is Tyler Doran, I'm an 8th grade student at Palmer High School. Some of my hobbies include traveling, any outdoors activities, and cooking.

By Tyler Doran

Everybody's home, school is closed and most of everything is shut down. For how long? I have no clue, who really does, other than the doctors/professionals. I have been watching some interesting shows on Netflix to pass time. Trying to keep my mind busy and not taking much time to sit and do nothing, because that will cause you to go crazy. With many activities we used to do to pass the time being closed, this is really a time to reflect on what's most important. This is like no other time in history for us kids because we are so used to being busy and occupied all the time with school, family, friends and so much more. I believe that there is some good and bad that comes with all of this. This event is definitely going to hurt a lot of people financially. It has also taught me how to be occupied with more than just T.V. and computers. I've learned that I don't need half the stuff I have and I can do with a lot less.

My name is Zoey Lessard and I am in 8th grade. I like to draw, play video games and sometimes I write. I like to make up characters and stories for them. I am an independent person, I do most things best on my own.

Narrative

By Zoey Lessard

My time in quarantine has been decent. There isn't much to do. However, I draw to make the time pass and I usually play Tomodachi Life on my 3DSXL. I call my friends at least once a day. I kind of miss the school cafeteria lunches to be honest, because I got to talk to my friends. I don't like doing the work the school sets me because it's annoying and challenging. I sometimes spend time with my family because I'm bored. I play on my Xbox a lot because there are some really cool games on there such as Minecraft. My favourite texture pack is the Adventure Time one. Overall I think that being in quarantine is fun yet somewhat boring. I mean I get Takis a lot so that's cool.

Dear journal,

Living in quarantine has been an experience of fun and torture at the same time. I have had quite an experience doing work here at home and it seems different.

Eliana Albelo

Quarantine 3/25/20

By Eliana Albelo

Dear journal,

It has been quite an experience living in quarantine especially with 9 people living in one house. You can say it's pretty tough because it is living with three other girl siblings and three boy siblings take up a house, especially a small house our size. We have a scheduled day where we each have two hours to play outside, do gym and school work. We as siblings also get into loads of trouble. We once got into a lot of trouble, so my parents made us take every dish we owned out of the cupboards and clean every single cupboard and clean every dish and put it all back. It was horrible, like horrible. We family of nine have to savor our food so my brother heads out to get us breakfast and lunch every Monday-Friday so that we have enough food when we really need it. There are times where we raid the fridge or cupboards of food and my dad would always say "do you go to the school fridge or cupboard and raid their food? Then why is it any different here?" To be honest he has a point as much as I hate for him to be right.

Being in quarantine is not my most favorite thing in the world. Being in quarantine only gives us limited things to do at the house and it is very annoying. I feel quarantine is a little overrated especially for two months and to be honest I rather be at school where I can do the work and talk to my friends as well but quarantine gives me extra time to sleep in which I am happy with.

Living in quarantine has my siblings on my back 24/7 and it gets very irritating. Also our dog gets very messy if we are not watching him close enough and we have to walk him like every hour which takes up my reading time which every second to me counts. Quarantine may have disadvantages but it also it has advantages like we play board games and card games and watch movies together as a family. So far we watched Frozen 2 and Jumanji: the Next Level and I enjoyed both of them. We even had klondike bars instead of popcorn. It was amazing. Being in quarantine is quite annoying because focusing on work is very hard and confusing. It feels like I'm not getting anything done.



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NEWS & FEATURES

As a paper of record, we attempt to cover all general news, personality profiles, and community features that we know about. This includes all selectmen and school committee meetings as well as spot planning board, board of health, finance, and other town meetings determined by the issue's relevance to our readers. There are the annual major community event features that we should always cover, but we are more than open to suggestions of other features to celebrate the fabric of our communities and their many interesting occupants. Our loyal advertisers provide funding for this paid staff coverage.

For more information on news or community features for The Journal Register, please email dfarmer@turley.com.

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Viewpoints

Editorial

Looking for ways to help

By Elise Linscott

I recently came across a quote from Mr. Fred Rogers that felt particularly relevant: “When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’”

There are scary things in the news these days. But we don’t need to feel powerless, and there are plenty of ways we can help support each other and ourselves in turn.

Some of the first images that come to mind when I think of people helping today are the ones we’re seeing from the frontlines: health-care workers sacrificing their time, their proximity with family, and sometimes their lives, to help fight the spread of this disease. Essential workers have been putting in overtime at grocery stores and assisted living facilities, and large organizations have been donating funds to help smaller ones stay afloat.

It’s been shown that helping others gives our brains a dopamine rush, in turn contributing to our own sense of well-being. And there are plenty of ways to help each other right now, even for those of us who aren’t on the frontlines fighting the pandemic.

One small way might be to tip extra. This goes a long way for restaurants and business owners who are afraid of shuttering. For anyone with a sewing machine, making face masks is another.

If you have canned food and nonperishables, consider donating them to a food pantry, many of which are in dire need of food and financial contributions right now. Some local Meals on Wheels organizations have also been recruiting backup drivers to avoid any service interruptions and to help get food to more housebound seniors.

If you’ve considered getting a pet, or have space in your home for another, fostering is a great way to help both the animals and the shelters. Most shelters are still operating, often with greatly reduced staffing and hours and opening for adoptions and surrenders by appointment only.

Another easy way to make a difference is by reaching out to people you care about. It can feel lonely when we’re isolating at home and not able to see each other in-person; I imagine that elderly people, who already experience higher levels of loneliness than other age groups, must be feeling that especially strong right now. Calling, writing cards and sending care packages are little gestures that can go a long way in helping people feel connected and loved.

Checking in with someone who’s having a tough time and offering some validation, acknowledging their fear or grief and providing a little hopeful statement – something like, “I know this is really difficult; I’m here for you and I believe in you” – can also help comfort someone without overpromising. When I hear phrases like, “Don’t worry, everything will be fine,” that can feel dismissive and overly hopeful, because in reality no one knows if everything will be fine. But feeling heard and understood, and hearing words of genuine hope and encouragement back, can feel soothing and supportive.

As I’m writing this, I’m looking out the front window of my house, watching a boy and his mother walk down the street with their dog while picking up garbage and collecting it in a pail.

The bottom line: there are a myriad of ways to make a difference, both for ourselves and for others, and they all help make our communities stronger.

BUSINESS

Turley Publications is liberal with regard to its business coverage policies, but we do have some standards folks need to understand. First, local businesses and merchants are just as much institutions in our towns as the library and schools. Without them, there are no towns.

We will feature coverage of local businesses that are new, have a major expansion, moving, closing, under new management or ownership, celebrating a milestone anniversary, or have been thrust into the news realm. Merchants can request that coverage through the editor, or for our existing advertising clients, through their ad representatives.

For more information on business coverage for The Journal Register, please email dfarmer@turley.com.

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The spotlight is on early bloomers

For years I drove by this particular house on my way to work, and every April I admired a “sea” of tiny blue flowers growing in the lawn. They literally stopped traffic for a few weeks each spring then disappeared.

The tiny blue flower are squill (Scilla siberica). Singularly they are not much to speak of, but when planted en masse, they really stand out against the backdrop of a green lawn. Each mature bulb produces three or four stems of drooping royal blue flowers not more than 4” tall. Leaves are blade-like, a bit thicker than those of grass, blending in nicely with it after flowers fade. The bulbs themselves are quite small, so planting them is easy. Simply take a trowel and stab at the ground, pulling back a bit of earth. Sprinkle some well-balanced organic fertilizer into the divot and insert the bulb pointed side up, two to three inches deep, then close the hole.

Over time, Siberian squill will multiply in numbers by offshoots and seed. For a nice showing early on, be prepared to plant at least a couple of hundred. Remember too, that bulb foliage needs to ripen before it is removed, so hold off on mowing the lawn until it has yellowed. The lawn isn’t the only place where Siberian squill are at home—try groupings of seven to nine in a perennial garden for a splash of early color. They look great in my mom’s garden and return effortlessly year after year.

Another plant at home in the perennial garden is the primrose. They are plentiful at florist shops and nurseries this time of year. With any luck you may have even received one as an Easter gift.

Even though they are usually sold in small pots, it’s hard to miss their brightly colored flowers poking up through basal foliage. They come in almost every color of the rainbow.

Many types of primrose make great garden plants; check the label to make sure the one you purchase is hardy before planting it outdoors. I have had a clump of primroses blooming for years now that started out as a potted plant. After enjoying it indoors, let it harden off a bit before planting it in the ground; a partly shady spot with moisture retentive soil is best. Mom’s garden has a number of primroses in it too.

Typically they need to be divided every three years or so, evident by die-out that begins in the center of the plant. Simply separate a chunk from the outer portion of the plant and replant it in rejuvenated soil. I prefer to do this early in the season but it can also be accomplished right after flowering has ended. In the heat of the summer, and especially in drier soils, the plant can look a little yellow and ragged. Keeping it well watered helps.

Expect blooms by the end of this month; they look particularly nice alongside late tulips and daffodils!

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For the last 28 years, she has held the position of staff horticulturalist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to ekennedy@turley.com with “Gardening Question” in the subject line.

IN THE GARDEN



Roberta McQuaid
Columnist

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A mother’s plea in the fight against Coronavirus

As a mom, we want to protect our children from harm. We want to shelter them from evil. Their heartache is our heartache. Their pain is our pain.

I received this text from my daughter, Lauren, four hours into her twelve hour overnight shift at the largest hospital in our area, and I wept; for my daughter... for her coworkers... and for the innocent lives lost to Covid-19.

Lauren is a Respiratory Therapist. She helps people breathe when they are unable to do it on their own. She helps save lives. She is also there when lives can’t be saved. And while she may be twenty-six years old, she will always be my ‘little girl.’

Lauren graduated from Ludlow High School in 2012. She decided to go into the medical field. She wanted to help people. She wanted to make a difference in people’s lives. But she never dreamed that there would come a day when her own health... and her very life would be on the line when she slipped into her scrubs and headed to work at the hospital. She never expected to be fighting an invisible war in a nation that would run out of the very protection she would need to keep her safe. She never imagined that she would be surrounded by so many patients, all of whom would be fighting against an evil that has no cure. She never thought that there would be a day when patients would be all alone as they struggled to breathe, and fought to survive... with no family member by their side to hold their hand. She never dreamed that there would be a formula in place in case the number of patients outnumbered the ventilators.

GUEST COLUMNIST

JULIE MIDURA

Most of you haven’t seen what this virus can do. And while I haven’t seen it first-hand, I have seen it in the eyes of my child. I have seen the pain, the fear, the heartache, and the exhaustion. I will never forget what it looks like.

It is evil.

It has no mercy.

It doesn’t care how young or old you are. It wants to destroy everything it touches. And it jumps from person to person SO INCREDIBLY EASILY. There is only one way to stop it: and that is by not giving it people to infect.

The heroes in the medical field who are fighting on the front lines of this pandemic have a very clear perspective on how impactful each person’s behavior can be to the lives of those around them. Each one of us has the opportunity to save lives. We need to protect the most vulnerable among us. Those who are young and strong have a responsibility to prevent the virus from spreading to those who are unable to fight it. Social distancing and the wearing of face coverings will assist in slowing the spread.

The sooner we do our part as individuals, the faster we can unite with our loved ones and come together as a society. And if you can’t bear the thought of social distancing... imagine being a medical professional who spends lonely nights in a motel room, or in their basement or guest room in order to isolate themselves from their immediate family. Imagine your daughter, son, spouse or parent lying in a hospital bed with NO ONE by their side to comfort them. Imagine the anguish of remaining at home and not knowing if they are still alive... or if they died alone.

When windows open or close

During the spring weeks, anytime a window is opened, there’s a refreshing breath of fragrant, fresh outdoor air that invigorates us. Opening a window on a spring morning invites us to “smell the sunshine” of the beginning moments of a new day.

Looking through a closed window, seeing springtime arriving in all of its floral displays, in nearby yards, allows beauty to be seen through transparency. Seeing things clearly defines new awareness, appreciations and awakenings.

While in these weeks of the global COVID-19 pandemic, we are living, working and studying behind closed doors instead of being outside with our daily schedules. Whether it’s working outside the home, school, college education on campus, or attending our places of worship, or times of celebrating anniversaries, birthdays, weddings or honoring lives well-lived. Some family events have had to be remotely viewed on computer screens or have sadly been postponed.

Yet, countless windows of new awareness, appreciation and awakenings are opening up for us to observe, value, learn from and help with. New windows of insight have opened informing us of how America is working together to save lives, deliver mail, products and medical equipment, stock and serve in grocery stores, serve in pharmacies, and transport by air, land and sea thereby meeting strategic needs. Restaurants and fast food businesses are safely and efficiently providing drive-thru and pick up meals.

Our nation’s military are actively involved in helping with scientific research, deploying units from coast to coast for meeting urgent medical needs: helping ship and move hospital and surgical supplies, constructing medical units and reinforcing medical teams serving in emergency rooms front lines, and hospital wards.

Public education is being taught at home until schools and colleges can safely reopen. Across America, homeschooling has been an alternative choice. A homeschooling Mom, Julie L. L., while working in a healthcare-related vocation, still creatively schedules her high school student’s subjects. Current events are included in today’s hot topics and are answered in essay forms. “Lessons they are learning and getting a credit for: ‘Science: What is a pandemic and how to live through one?;’ ‘Psychology: How to maintain mental health during a pandemic;’ ‘Sociology: How empathy and common sense are key issues during a pandemic;’ ‘Mathematics: How to measure six feet wherever you go;’ ‘Statistics: Understand where data is obtained and how to use it with intelligence;’ ‘Geography: How small the world really is.’”

Trucks roll along the highways 24/7 delivering goods nationwide. With restaurants being closed, finding food is complicated. Amazingly, truck drivers at interstate truck stops are being surprised with meals contributed by caring, appreciative corporations. On small highway road stops, individuals are also showing their appreciation with signs and meals.

It’s being said that, “This is a time when giving matters the most.” There’s a global and national awakening: everyday heroes, in all walks of life are helping each other and those in need. In our cities and towns, charitable nonprofit organizations are providing medical care, hope, food, clothing, and basic necessities. Churches and synagogues are live streaming services and offering spiritual guidance.

Let’s view our world through opened windows and appreciate the abundant, generous, heroic workings around us. And, when our windows are closed, especially for protective reasons, let’s still see, with transparent clarity, that another day will dawn with “windows of opportunities.”

Election letters to the editor welcome

The *Journal Register* welcomes readers to participate in this year’s election campaigns by writing letters to the editor for publication on these pages. Letters of up to 250 words from local residents endorsing candidates on the ballot or discussing campaign issues should be sent to The Journal Register, care of Turley Publications, 24 Water St., Palmer, MA 01069, faxed to 413-289-1977 or emailed to dfarmer@turley.com. Please include a daytime telephone number for verification purposes (it will not be printed). Letters must be received by noon Monday to be considered for that Thursday’s newspaper. No attack letters will be printed. No letters written by candidates supporting their own candidacy will be printed. If the volume of letters received is larger than the space available in the newspaper, or if the letters become repetitive, the newspaper reserves the right to print a representative sample. No endorsement letters will be printed in the last edition before the election.

For more information, call editor Douglas Farmer at 413-283-8393.

Campaign news

As part of its election coverage, the newspaper plans to print stories about contested races for Congress, state Senate, state House, district attorney and Governor’s Council during the weeks leading up to the election, as well as a question-and-answer voters guide. In order to ensure fairness to all candidates, no political press releases will be printed, nor will reporters cover political rallies or fundraisers.

Candidates who wish to further publicize their candidacy, beliefs and events may contact Lisa Marulli, 413-283-8393 or lmarrulli@turley.com, about paid advertising in The Journal Register.

Letters to the editor policy

Letters to the editor should be 250 words or less in length, and guest columns between 500-800 words. No unsigned or anonymous opinions will be published. We require that the person submitting the opinion also include his or her town of residence and home telephone number. We must confirm authorship prior to publication. We reserve the right to edit or withhold any submissions deemed to be libelous, unsubstantiated allegations, personal attacks, or defamation of character.

Please send opinions to:
**The Journal Register
Letter to the Editor
24 Water St.,
Palmer MA 01069,
or by e-mail to:
dfarmer@turley.com**

The submission deadline for consideration is Monday at noon.

The Journal Register

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Student Submissions

Quarantine is barely fun,
But it applies to everyone.
Sick or not, we must stay home,
That is why I wrote this poem.

Life has been tough, each day and night,
But staying home might make it right.
Some disobeyed, and went out with others,
Though this causes stress for fathers and mothers.

Our school is closed, and sports are too,
Which disappoints many, maybe you.
It's on the news, here and there,
This virus makes us worry everywhere.

We thank all that still work, through this rough time,
We know that you try through the grease and the grime.
This goes out to all, through the thick and the thin,
The longer we stay apart the more we will win.

Chloe Weirbrick is a 6th grade student at PHS who enjoys dancing and drawing.

Scarlett LaRose

Staying at home during this time can be different for many people. For me, I have been trying to find as many activities as I can to entertain myself. One thing that I am doing often is fishing. So far, I have mostly gone to Forest Lake. One night I caught two rainbow trout. Another thing that I have been working on is re-doing my room (painting, adding shelves and desk, etc.). This has been keeping me busy, but not enough!



Sometimes, I will just sit outside and think about what is happening in our world today. I think that what is happening today is a crisis that hopefully never happens again. One thing that I have done that has taken up a good amount of time is video chatting with people to stay connected. I have also been spending more time with my pets than I have in a while. I have been playing with my dog, playing with my cats, and trying to spend time with my rabbit (if I can catch him!). I have been listening to a lot of music. Music helps me relax, and helps pass the time. I have also spent a lot more time outside than I have in a while. I have been walking in the woods in my yard with my dog often, or just sitting on my porch. I've also been riding on my zipline a little more. I have still been using my computer a lot because it gives me something to do that I can easily enjoy. Another thing that takes up a lot of time is sleeping. I have been sleeping later than I have in a while, and I enjoy it! I still do get bored at times even though there are all of these things to do. When I do get bored I mostly spend time with my pets, and also listen to music. Overall, it's hard for me to get used to having so much free time in the middle of the school year. I know that when the day comes to go back to school it will be hard to get out of bed in the morning! *Scarlett LaRose is a sixth grader at Palmer High who lives for swimming and enjoys being with her pets.*

It was a normal Friday afternoon. Suddenly we heard that schools will be closed in Massachusetts For 2 weeks. We cheered, "Yes school's out!" The next day we found out it was closed for another week. A few days later, we found out that school's out for April and won't reopen until May 4th. The next day we missed the one thing that we thought we would never miss. **SCHOOL.** Sadness spread like wildfire all over Palmer. All over Massachusetts: stores, malls, restaurants... closed and millions of dollars lost forever. The day's grow long and boring. Toilet paper was rare to find. Everything 'to do' was shut down. This was a reminder of Polio Chicken Pox, Spanish Flu, Plague, Tuberculosis. Supplies were scarce. Families mourning lost loved ones. People scared to leave their houses. People fired, lost hope. Did we deserve it? No we did nothing wrong although others may argue that we did.

Zoey McNamara is a 6th grader at Palmer High School. She loves to color, draw, and role play. She wants to be a dog walker. She wants to raise money for abused animals. She is a talented artist who enjoys drawing geometric shapes. She is bisexual.

By Addison Doktor

Quarantine life is pretty good. Some days it gets very boring. Life can also get very stressful because when you are at home and if you have your phone you get all the updates about what is happening. The best way to pass time for me is to go outside or play with my dog. It has been rainy recently which stops me from going outside. My dog loves to chase balls. When I'm bored I usually grab a ball and throw it down the hall to him. One day I saw my best friend do a backflip off her swing and that inspired me to try. After that I went outside and tried. At first I was really scared and I thought I was going to get hurt. Then I just went for it and was successful. Then I kept trying and I finally got it! Then I tried doing it when I was in the air and I did it. Also I enjoy taking my dog for walks down our road. We took him to Peakin Mountain. I had lots of fun but when we got home I was really tired. I recommend going outside when it's nice out! I have been starting to feel like my family is going crazy. I only say that because when I was recording a dancing video my dad came in and started waving his hands and being crazy. I tried to keep on dancing but my dad was making me laugh so hard I forgot the dance! After that video I was inspired to ask my brother to dance with me. When I asked he was being really weird and he said no. The most interesting thing I have learned so far is to not act like a dog around your dog. I tried acting like a dog and my dog got mad and chased me around the house. I was scared for my life so I started screaming and ran into my room. There are so many things I miss about school. There is only one thing I miss the most. I miss seeing my teachers and making them laugh. My gym teacher made me laugh especially when we were jumping off the diving board. When I got up to the board she would start yelling. "belly flop." Whenever I think about it I always start laughing about it. My overall thoughts on quarantine life are that it's very boring and sad. I say it's boring because it has been raining so I can't go outside and I have to stay inside. I also say it's sad because I just sit there and think about seeing all my friends and family and going back to school. *Addison Doktor is a 6th grade student at Palmer High School who plays the saxophone and loves to go outside.*

Quarantine

By: Grace Doyle

Life is interesting. We can walk around the neighborhood. We can sleep and eat. My sister and I must do our work. My father and mother must do their work from home. It's very boring being quarantined. I am almost done with a series of books. My sister misses her friends the same as me. Well I went walking and my boot came off when a tree slammed my face. Life feels normal but I miss school really much. My parents go to the stores when they have no toilet paper so not sure if any store has toilet paper. It's a confusing world that feels like a hungry area but none can go outside to hug others. Well my family made a list to do which is weird. I rather go to school then stay inside. Why would a kid want to go to school because you aren't with your family. Also you get to go up and down stairs so bonus exercise. You get to learn new things. Life can be fun in school. You get weird stories but you meet many people. Also you have different classes so it's kinda weird in a good way. Also It tends to be boring so I used to do dance but now I do it alone in my own way so I'll dance then end up crying from hurting myself. Well it's confusing to not go to school but at least you're sheltered in your house. When I do work for classes I listen to music because it helps me focus and no pressure comes to me. At many points you're bored. For me it is on my phone talking to my friends or reading a book or hanging out with my cats. At points I cry cause I miss my teachers or friends. It might be weird for a teacher and a student to be friends. Well most of my teachers become friends. Well many do different things being quarantined it's just for what people liked to do I do art and choir. Finally that is what goes on in my life being quarantined.

I'm Cecelia Ciufo, 13 years old in eighth grade.

By Cecelia Ciufo

Lack of free-time or too much free-time. There is no in-between. It's an infinite loop, a repeating cycle, a train that goes round and round. Too much. Too little. Too much. Too little. Quarantine brings forth free time for students like myself, a little too much.

Though there is always something to do, it is not to the taste of many, not what they want to do right then. They'd rather do anything else other than what they can do. So in their lack of motivation, they scroll their phone screen back and forth through apps wondering if anything will come to mind, but nothing ever does. Or maybe they repeat activities over and over and over and over and over again. Sleep. Read. Watch tv. Eat. Shower. Repeat.

Quarantine

My Bio - I'm Lilyana White, I'm 13 years old, I love to play sports, such as basketball, softball and golf, I like to talk to my friends, listen to music, hangout with my family, I like to exercise and go outside and explore, I love playing and going on walks with my 2 dogs, ect...

By Lilyana White

Since this quarantine hasn't been that fun I'll tell you what's some things you can do to pass time. What I do to pass time, I like to cook and bake for my family. It's super fun and not that hard and if you have any siblings you can do it with them. It can be really fun with your siblings and it gives both of you quality time to spend together. Another thing you can do to pass time is try to stay in shape and just workout. Try to get out of the house and get fresh air and not be cooped up in the house all day.

To pass time you can try to talk to your friends online, on Snapchat, on FaceTime, ect... Since this quarantine began, I've missed many things from school. I miss getting to see my friends everyday and spend time with them. FaceTime and texting just isn't the same as seeing your friends in person. Not being at school and seeing your friends and teachers you don't get that same interaction at home, school can be fun when you have people who make it fun. It's not everyday that you get to see your friends and I get that now. I miss sitting at lunch just talking to my friends about random things and having time with them, I miss messing around in class and having fun, I miss having to rush after school just to be ready for softball, I miss seeing my team everyday, I miss walking the halls with my friends and walking to class together. Some interesting thing that

I've learned is to not be that kind of person who always says "oh that will never happen to us" because it's here and it is happening. I've learned to not take things for granted, I've learned how to handle myself during this time by remembering that we could all have it so much worse and remember that hopefully soon this will be over and in the past. I've learned the importance of being very careful during this time and actually thinking about what I'm doing and how it may affect other people. I haven't been having the most fun during this quarantine but there have been many funny moments that I had with my family. During this time while not being able to see my friends in person it's always nice just to check up on them and just talk for awhile, and though it's not the same as seeing them in person it's better than nothing.

Falling Wonders

By Alex Jaworski

Everyday, i go through a cycle
Of which, i cannot trifle
Question nor doubt
But follow throughout
Wake up at nine, and work till' noon

Stay at home, hope we are safe to leave soon
I've always wondered
Is loneliness like this for those on the moon?

Silly old me,
with no chance to answer,
went outside to enjoy springs flourish

Then came the rain
First were droplets, dampening the grass
A fresh dew, for all to witness

Then there were torrents
As is i huddled inside under a warm blanket
I saw the rain pelt against the glass windows

A beauty of nature at my porch
Ignored and even sadly, shunned by many

But not me
For i listen to the rains music
With every smack against the window
Let's out a note
More delicate, than spring willow

For me?
I always see the rain
As falling wonder
For it cures me
Of quarantine dol-drum



My name is Abigail, I'm 14 years old. I'm in 8th grade at Palmer High School and I live in Three Rivers. I applied to Pathfinder to work with electronics. After school I spend time talking to my best friend, boyfriend, and playing video games.

By Abigail

The past two weeks under quarantine have been kind of boring but it's fun not having to go to school for a whole month. School at home gets annoying though because I have to keep logging on and off on my computer to check for assignments. Online class is easy, other than the fact that we've been having trouble hearing on the call. I've played a lot of Xbox with Maddie and Logan in the past

week. We aren't allowed to go see each other because of social distancing but we've still spent a lot of time on the phone and texting each other. The only person I've been able to see is my stepsister because I haven't been around anybody and she hasn't either so she was able to come over. The things I miss most about school is being able to see everybody. All my friends were at school and we aren't allowed to see people right now so it gets boring. I like that I don't have to get dressed to do online classes and I get to be comfortable staying in my bed. Online class is fun but I'd rather be in a classroom, it's easier for the teacher to hear you and help you with something. Now online class is loud because everybody wants to talk to each other and not

really do the class. I'm not sure if there's anything we can do to get our grades up so I'm happy I left that day with high grades. I've been spending a lot of time in my room by myself lately. It's making it hard to fall asleep at night considering I don't really do anything all day so I'm not tired. I usually end up falling asleep around midnight or a few hours later and then I'm not tired. I have a lot of free time to do things I haven't had time for or kept forgetting about such as cleaning out my room. There are a lot less distractions now that we aren't in school and don't have to worry about getting our homework done by the next day. Quarantine has been fun but it's going to get really boring after a few weeks.

they sit endlessly day after day. Yet afterwards they'll move on as if nothing happened, they'll act as if they didn't let their body and mind wilt and waste away. As if they didn't skip over the immense opportunity to take a break and fix things needing to be fixed, doing things that could be done. A waste of time, and they know this. But oh well, there's always tomorrow right? They'll turn it around, right? Probably not, but best to let them hope, I guess.

Lacire Designs hosts face mask tutorial

By Jonah Snowden
jsnowden@turley.com

MONSON – To help her patrons and others stay safe until the end of the COVID-19 pandemic, Lacire Designs Owner Donna Zienowicz recently hosted a live tutorial on how to make face masks.

Through the entirety of her 24-minute tutorial, which is available on Lacire Designs' Facebook page, Zienowicz gives detailed instructions on how to make masks and said that it gets easier the more someone practices.

The tutorial begins with Zienowicz explaining viewers could use 9" by 6" cuts of fabric for adults, and 7" by 5 1/2" for children. She also said to have right sides of the fabric together, to make sure that the solid back of the fabric will eventually be covering their face. After cutting the masks, Zienowicz also uses two straps for the ties with the fabric, which is 1 1/2".

Once the fabric for the mask is ready, Zienowicz said to stitch along the top of the fabric, as well as the bottom of it. Once the stitching for both sides of the face mask is complete, Zienowicz said that the participants should turn their newly stitched masks inside out to make sure the right sides of the mask can cover their face.

Regarding pleating, Zienowicz said that she encourages her audience to move their fingers down about a half an inch to the front side of the mask, grab it, move down another half and inch, and fold them in half and pin it to make a pleat. From there, the process repeats until one side of the mask is complete during the pleating process. All pleats should be going in the same direction and should be done on both sides of the mask.

Zienowicz said that folding the pleats as they go can be difficult to do. Once that step is complete, the mask will be in its appropriate shape, and is just missing its straps.

Regarding the straps, Zienowicz said to locate the center of the straps, place them in the back side of the back of the mask, and immediately start sewing. Zienowicz said that right sides should be together if there is a printed strap.

Once the sewing is done, lay the mask face up, grab the sewed in straps sure the straps are still straight, and fold them until they are in nice finished edge, and sew each one to hold them in place.

As the edge of the strap is sewed in Zienowicz showed how the rest of the strap will fold itself as it continues to be sewed in. Folding and tucking in the remaining parts of the strap are still recommended to ensure the tightness of it.

Once all the straps are sewed in, the mask complete. When putting them on, Zienowicz said that everyone should tuck the mask in by their chin, tie the straps behind the lower area of their head, and do it once again. What she said that she enjoyed about the masks, besides its design, is the fact that they fit the face perfectly.

To watch the tutorial as well as the rest of Zienowicz's livestreams, visit <https://www.facebook.com/PopUpQuiltShop>. Anyone interested in learning more about Lacire Designs can visit <http://www.laciredesigns.com>.

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Country Bank donates \$50,000 to First Responder Recovery Home in Ludlow

LUDLOW- To help the Hampden County Sheriff's Department successfully operate the First Responder Recovery Home for COVID-19 diagnosed first responders, Country Bank has announced they will contribute \$50,000 to the efforts.

The contribution from the Ware-based financial institution comes with the aim of inspiring other similar organizations to do what they can to assist the department's effort to help the people who typically help others.

"These are challenging and ever-evolving times as we face the continued uncertainty regarding the COVID-19 pandemic and how it will impact our region. As a community partner, we care deeply about our communities, and wanted to show our appreciation and support for first responders, healthcare workers and their families throughout the region when they need it the most. The First Responder Recovery Home will allow first responders to rest a little easier knowing they have an alternative place to recover should they become infected by the virus. It's our hope that Country Bank's donation will be one of many that will support this tremendous initiative and we welcome other community businesses and financial

institutions to express their appreciation of all first responders by supporting the First Responder Recovery Home" stated Paul Scully, President and CEO of Country Bank.

The donation, which brings the overall community contributions upwards of \$87,000, will help ensure that every COVID-19 positive first responder who comes to stay at our facility has nothing but the best food and comforts that we all appreciate when recovering from any illness.

"I can't thank Country Bank enough for stepping forward and making this donation to help our first responders in this time of unprecedented need," said Hampden County Sheriff Nick Cocchi. "Their donation will help us provide top-notch care for the people who usually care for us, and a comfortable environment for the people who come running when we are in need in our daily lives. This is our time to help the helpers. It's the least we can do."

The Hampden County Sheriff's Department opened the First Responder Recovery Home this week to fill an unmet need in the Commonwealth of providing a safe haven for our doctors, nurses, EMTs, police, firefighters and corrections professionals who are diag-

nosed with COVID-19, but can't safely go home to recover without jeopardizing the health of a vulnerable family member.

Located at the department's Pre-Release Center on its campus in Ludlow, the refuge is provided free of charge, thanks to the department's generous community supporters and partners.

Sheriff Cocchi and staff started accepting guests this with 84 single-occupancy rooms available. Two rooms are currently occupied as of Friday morning. Anyone coming to stay must be healthy enough to care for themselves, however a pool of voluntary medical professionals from the community led by Dr. Shaukat Matin will be making rounds and if someone needs more comprehensive medical care, the Sheriff's Department will help coordinate transportation. Any doctor, nurse, police, firefighter, EMT, correctional professional or military member can call 413-858-0801 or 413-858-0819 to request a room or ask questions. We will need to have the person's full name, gender and expected length of stay, among other information, and all correspondence will be kept confidential.

"This is not just a Hampden County Sheriff's Department effort. This is

thanks to the good people in our community who care, and step up when things are tough," Sheriff Cocchi said. "As I've said before, these are stressful and uncertain times, and the only way we're going to get through this is by working together. I'm just thankful we have so many strong community partners that put people over profits and go above and beyond when we pick up the phone."

Community partners include; Country Bank, Anthony Ravosa and the 91 Supper Club, Charlie D'Amour and Guy McFarlane of Big Y Foods, Bob Bolduc and Pride Stores, Cesar Ruiz Jr. and Golden Years Home Care, Jim Brennan on behalf of the Edward J. Brennan Jr. Family Foundation, Anthony Cignoli of A.L. Cignoli Company, Jeff Polep of J. Polep Distribution Services, Jay Caron of Bee-Line Corporation, Larry Katz of Arnold's Meats, Andy Yee and Peter Picknelly and Town of Ludlow physician Dr. Shaukat Matin.

Anyone wishing to contribute to the First Responder Recovery Home initiative can send tax-deductible donations to: Criminal Justice Organization, 627 Randall Road, Ludlow, MA 01056. Check memo: "First Responder Recovery Home."

Palmer American Legion Membership Dinner canceled

In lieu of the current coronavirus pandemic mandates, The American Legion, Palmer Post 130 regretfully had to cancel their upcoming Membership Dinner scheduled for April 26 at the AmVets location in Three Rivers. A reschedule will be determined at a later date. Please stay healthy and thank you. Sincerely, Palmer Post 130.

DCR postpones fishing start at Quabbin, Wachusett reservoirs

Anglers looking to take advantage of the recreational fishing opportunities at Quabbin, Sudbury and Wachusett reservoirs will have to wait at least another month, following a recent announcement from the state's Department of Conservation and Recreation.

To help prevent the spread of the novel coronavirus, DCR announced April 3 that the opening of shoreline fishing has been postponed until Saturday, May 9. Boat launch areas at these properties will also open May 9.

Shoreline fishing was scheduled to begin Saturday, April 4.

At this time, the Quabbin Visitor's Center is closed to the public, though the property is accessible. Those accessing the property are reminded that vehicles must exit at the posted time. As of Feb. 25, the hours are 6:30 a.m. to 6 p.m.

For more information visit mass.gov.

Free face shields and masks for first responders offered

TigerPress of East Longmeadow is giving away free face shields and masks to all first responders. An ID will be required and quantities are limited. Shields and masks are also available to the public for a reasonable fee to help cover out-of-pocket costs for first responders materials.

According to Reza Shafii, president of TigerPress, "it's our way of saying thank you to the courageous men and women in our community who unselfishly put their own health in harms way to help keep us safe during this extremely difficult time". Masks and shields are available at TigerPress, 50 Industrial Drive, East Longmeadow, Monday to Friday 10 am - 2 pm, weather permitting. They expect to assemble hundreds of shields and masks each day and have enough materials for thousands. You may also pick up materials and assemble at home if you wish. Cash only for public.



Ed Demetron, vice president and event coordinator, said initial response has been overwhelming. "We had requests from numerous police and fire departments, EMTs, and ambulance companies throughout Western Mass. They're so appreciative of our efforts".

Any questions, email Fir-



stResponders@TigerPress.com. This is a limited time offer.

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Substance use meeting goes online

By Eileen Kennedy
Staff writer

REGION – The Quaboag Hills Substance Use Alliance members met through Zoom Monday morning, sharing updates on Baystate Health, the Drug Addiction Response Team, or DART, recovery meetings and a proposed peer recovery center for Ware. Leah Bradley, director of Baystate Health's behavioral health division and based at Wing Hospital, said Baystate Health's daily census of COVID-19 patients, including the very ill and moderately ill, had been at about 160 to 170 a day for the last several days. She said this seemed to show a leveling off at least for the past few days.

"This is good news, it sounds like we're plateauing," she said about the system-wide census.

She said Wing Hospital has two 11-bed units for COVID-19 patients, one of which was the old emergency room.

Bradley said if patients believe they have COVID-19 symptoms, they should first call their primary care provider, and they should not just head to the emergency room. She said doctors would send patients they believed might have COVID-19 to testing sites.

Baystate has also been able to make sure all employees who need them have personal protective equipment for the last five weeks. "We have not run out, but there is always the fear that we might," she said.

Bradley said employees have been modeling how to properly put on and remove the equipment because studies have shown that modeling helps others to do the same.

Baystate Health had been redeploying employees from outpatient health visits and elective surgery visits, most of which have been canceled, to places where they are needed, she said, and this week Baystate started implementing tele-medicine for behavioral health visits.

Starting this past Wednesday, April 15, all Baystate employees will have their tem-

peratures taken before being allowed to work. She said Baystate has also encouraged those not feeling well to stay home.

She said Baystate is still seeing some patients who use Suboxone, which is used to treat opioid addiction.

Bradley acknowledged people want to give homemade masks and food to hospital workers, but unless the masks meet certain standards, they can't be accepted. Homemade food could not be accepted either, but she acknowledged how grateful Baystate and its workers were for the area's generosity.

QHSUA had received a \$20,000 grant for in-person recovery training and a conference around recovery, and Bradley said she hoped the deadline for the grant to be used could be extended since neither could be arranged during the COVID-19 crisis.

DART

Belchertown Police Sgt. Neil Lozier, who is also a Drug Addiction Response Team member, said the DART team is still trying offering outreach "from a distance" to those who have had a drug overdose, contacting them by phone or online. He also said general substance use appears to be up as is domestic violence calls.

Ware Police Officer John Cacula sent his notes in with Michelle Farry, of Hampshire Hope, which oversees the regional DART team. He said numbers of drug overdoses had risen and its clear people are under stress. He said the biggest needs he sees in working with addicts are a lack of access to NARCAN, which temporarily blocks opioid overdoses, and way to get clean needles.

Palmer, Wilbraham and Ludlow police departments have all recently become part of the DART program, Farry said.

DART members reach out to those who overdose on drugs and try to help them access recovery services.

Recovery center

Work continues to creating the Ware Regional Recovery Center in Ware, which will start a campaign soon to make it a reality.

This week members of the group was scheduled to start an online recovery meeting through Zoom, the teleconferencing application, on Tuesday, April 14, at 3 p.m. Those who are interested can find the Ware Regional Recovery Center on Facebook, which will have details about the online meeting.

Those who would like more information about the Recovery Center can contact Abigail Duda at WareRRC@gmail.com.

Other services

Members discussed how to serve people, whether they're senior citizens or those fighting addiction during the COVID-19 situation.

Ware Council on Aging Executive Director John Zienowicz said the COA was still serving lunch for those who could drive to the Senior Center, where it was being handed to each car as it drove up. The Center's vans were not in service because both of its drivers are elderly with underlying issues and cannot be put in harm's way.

He said the mobile food pantry, which usually brings food to one of the apartment complexes in Ware, which will be switched to Grenville Park on April 21 so those picking up food can just drive up and get a bag of food. Those on foot can do so as well while keeping the six-feet necessary for social distancing.

He said the Quaboag Valley Community Development Corp. has a program where seniors from Hardwick, Warren and Ware can call in and get CORI-checked staffers to pick up groceries, prescriptions and do other errands for them at no cost.

It was discussed whether it might be possible to expand the program with Community Development Block Grant funds for COVID-19 programs. Ware Planning and Community Development Director Rebekah DeCourcy said it might be possible and possibly the money could also be used to buy additional minutes on existing cell phones or provide cell phones to senior citizens who needed them.

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Student Submissions

How Coronavirus imploded my junior year

By Olivia Sloat
PHS 11th Grader

When someone thinks of Junior year they think about prom, the SAT and college prep but, March 2020 changed all of that. When you turned on the nightly news all they talked about was what was going on overseas due to this sickness called the coronavirus. A few months ago in China they were having a health crisis due to the coronavirus, affecting millions of their own, which then spread to other countries in the east like Italy. Meanwhile, in the states people did not think it was that serious or that it would come over here and affect us, people never thought that they could contract the virus but suddenly we were wrong.

On March thirteenth, Massachusetts Governor Baker came on the news and stated that all schools would be closed until April sixth due to the coronavirus and that it was going to impact our coun-

try fast. At this moment, I realized that my junior year would be altered in some way maybe just a few weeks off with some assignments. Each week that we have been out of school we have received some type of news about our schooling but just in recent days we found out that it will be resulting in online learning. This is upsetting, it looks like we will not return to school this year but it is important that everyone stays healthy and safe. It is sad that I will not be able to see my friends besides on zoom and facetime.

Junior year is the most complex in high school with students being pushed to the maximum limit to see what they are able to accomplish in school. I am also an AP student and the test that was supposed to be taken on May thirteenth is now going to be an altered version of the original as well as now being taken online. The one thing that I was looking forward to the most this spring was going on college tours around Boston and New York City. This to me is very important

so that way I can really see and figure out what school I would like to apply to next fall, but so many colleges have also turned to virtual everything. To me school is very important and I strive for good grades and enjoy learning, it's disheartening that the whole nation is stuck inside due to this pandemic and all we can do is wait it out. The fact that everything is at a standstill right now is hard for me to cope with, since being a high honor roll student, student council representative, a member of the prom committee and National Honor Society, waiting for things to do is not who I am.

The one thing that I miss the most every day is seeing my friends and teachers and then on the weekends hanging out with my whole family. The means of communication now have changed to FaceTiming friends, zoom calls with teachers and classmates and seeing some family members but not all at once or just texting. On the bright side of this coronavirus incident I have learned how

not to be bored by cleaning, playing card games and watching Netflix shows. The perspective of how I view life has truly changed from this experience. I've learned that everything happens whether you like it or not and all you can do is figure out how to juggle those changes.

Last night we learned the prom is postponed now till the fall, yet again another thing that changed. I am learning quickly that we need to be flexible and adapt to changes as they come but for some of these changes it is so hard since these events are milestones in high school. This incident of the coronavirus has deeply impacted my junior year and I will forever remember how I spent a semester learning online with endless zoom calls.

Olivia Sloat, a junior at Palmer High School, plans to attend college majoring in health. She is a varsity soccer player, member of national honor society and student council.

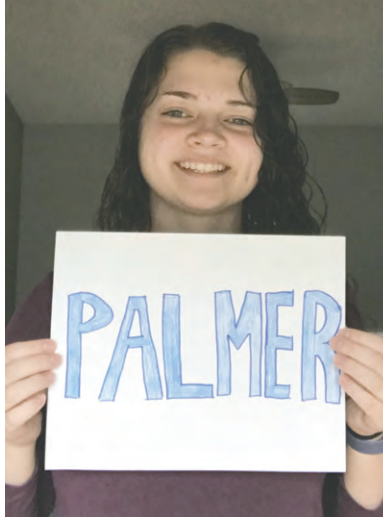
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SPRING

PVIAC preparing for possible spring season

By Gregory A. Scibelli

REGION – With the Massachusetts Interscholastic Athletic Association’s Board of Directors and the Tournament Management Committee highly engaged in remote meetings on a weekly basis trying to make decisions on the spring season, another body is getting ready to go just in case.

In the springtime, many athletic directors are making their schedules for the fall season, as high school sports usually finalize schedules a season in advance.

But there has been a lot of working going on the past couple of weeks to establish a new schedule for the springtime.

This schedule would focus on using the modified timeline and try and to fit in a 12-game regular season between May 4 and June 12.

The schedule would allow teams to play between two and three contests per week in most team sports. This includes: baseball, softball, boys lacrosse, girls lacrosse, boys tennis, girls tennis, and boys volleyball.

Agawam High School Athletic Director David Stratton, a member of the Pioneer Valley Interscholastic Athletic Association’s Executive Board, said there was recently a meeting of the membership to discuss the spring season.

“It was a really good meeting,” said Stratton. “We had it remotely with about 40 athletic directors attending.”

Stratton said the main point of the meeting with the PVIAC’s desire to give student-athletes a spring season, in some modified form.

He did not say if fans would be allowed at games, as of now, but said if school does resume, a

12-game maximum regular season would be the goal of the PVIAC.

“We want to give these kids a season if we can,” said Stratton. “So the athletic directors have begun creating schedules, which have gone to the league and individual sport schedulers to be finalized.”

At this point, however, it could be all for nothing. Despite that, the athletic directors want to be ready in the event they are allowed to hold sports.

“Right now, we really don’t know,” said Stratton. “This entire exercise (making a modified schedule) could be a futile exercise.”

Stratton said under the current format the MIAA has agreed to, spring sports could open up on May 4 for practices with contests able to start on May 11. There would be five weeks of a regular season, down from the usual eight-week regular campaign.

The MIAA and the TMC have also agreed there is not enough time in the contract school year to hold a state tournament, so the sectional tournaments will be the only ones held if the season is able to start.

Gov. Charlie Baker has mandated schools remain close until May 4. The commonwealth is currently in a time period being coined as a “surge” for coronavirus cases, though there have been national signs the social distancing and stay-at-home advisories are being effective. The TMC was scheduled to meet this week to continue discussions about how a tournament held in late June will look, but may not have the ability to make any new decisions until the state government issues updated guidance on school events.

RACING



Paul Thompson, a member of the 2019-2020 Springfield Thunderbirds was recently named IOA/American Specialty AHL Man of the Year.

Thompson named Specialty Man of the Year for T-Birds

SPRINGFIELD - The Springfield Thunderbirds are proud to announce that Paul Thompson has been named the team’s winner of the IOA/American Specialty AHL Man of the Year award for his outstanding contributions to the Springfield community during the 2019-20 season.

In his third season as a Thunderbird and his second as team captain, the New England native has continued to show his commitment to the community beyond the ice surface.

Before the 2019-20 season began, Thompson was a regular sight at a number of offseason functions, including the Thunderbirds’ Street Hockey Tournament, which was born following the untimely passing of a young local hockey player,

Alex Blais, two summers ago. Thompson also gave back to the youth hockey community of Western Mass., starting and running the Paul Thompson Hockey Camp out of MassConn United for beginning hockey players.

In the month of November, in advance of the club’s second annual Hockey Fights Cancer Night, Thompson lent his hand to share a deeply personal story to aid a cause near and dear to his family – his cousin Angela’s cancer battle and #AngelasArmy initiative. Angela’s Army makes “care packages” for patients undergoing cancer treatment, and was born out of Angela’s desire to assist other patients, providing comfort to them even as she was going through her own battle.

In addition to participating in

a number of team events, one that shined through the most was during the holiday season. Along with teammates Ethan Prow, Rob O’Gara and Tommy Cross, Thompson led a selfless journey to brighten the lives of a mother and two young children who suddenly had to endure the passing of their father just weeks before the Christmas holiday. The captain and his teammates spent hundreds of dollars on toys and essential items to make the family feel special during their most trying time. The story was documented by Western Mass News and can be seen: here

Thompson is now one of 31 finalists for the AHL’s 2019-20 Yanick Dupre Memorial Award, honoring the overall IOA/American Specialty AHL Man of the Year.



Submitted photo

Paul Thompson, Springfield Thunderbirds

The league award is named after the former Hershey Bears forward and AHL All-Star who died in 1997 following a 16-month battle with leukemia. The winner of the Yanick Dupre Memorial Award will be announced by the American Hockey League at a later date.

SPRING

College athlete gives back during virus pandemic

WESTFIELD – With the NCAA spring sports seasons KO’d by the COVID-19 pandemic, Westfield State junior softball outfielder Sarah Meunier (Deerfield, Mass./Frontier) has repurposed her time in a positive way – making cloth facemasks for family, friends and others who wish to wear them to help prevent the spread of the virus.

“The masks I am making are not N-95 masks, which are preferred by healthcare workers,” said Meunier. “N-95 masks can’t be made at home, but the ones I am making are a good alternative when the N-95 masks are not available.”

The CDC recently released recommendations on their website that the ‘CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) especially in areas of significant community-based transmission.’

Majoring in movement science with a health science double-major, Meunier plans to attend a physician’s assistant program after completing her undergraduate degree.

“My grandmother volunteers at the hospital, that’s probably how it started,” said Meunier of her interest in the healthcare field.

“I’m taking ‘Medical Ethics’ as a class right now with professor Sladyk, and we all needed to come up with projects that we could do ourselves, and I asked her about the masks and she approved of it,” said Meunier.

“I’m really re-learning to sew again in the process. I used to do it more when I was younger. The first few masks took a few tries. I had worked on some comfort

quilts with my grandmother in the past.”

“I don’t really have a goal on how many I’ll make,” said Meunier, who said she’s probably made 100 so far, and is now starting to make smaller sizes for children.

“We had a team Zoom meeting, and she was cutting out fabric while we talked,” said Westfield State softball coach Colleen Bannister. “It’s just another way she can give of herself,” noting that Meunier gave several of the masks to Bannister for her elderly parents to use.

“Sarah loves community service and understands that it feels good to give. Anything that our team does with community service, she’s in giving 100 percent,” said Bannister.

Meunier volunteers at Baystate Franklin Hospital when she is at home in Deerfield, Mass., and at Baystate Noble Hospital in Westfield while she’s at school. She’s filled a variety of roles at the two hospitals, but said her favorite is that of ‘baby cuddler’ at Franklin, helping monitor some of the newborn babies.

While Westfield State has moved all classes to on-line and alternative delivery for the spring, Meunier said she is handling the break from campus, and the social distancing directives well. “It’s good. I’m very schedule oriented. I manage my time pretty well, and take pride in doing that. The time that I’m not spending studying I’m using to make masks, work out and practice.”

“She loves making things happen behind the scenes,” said Bannister. “She really inspired more teammates to work out before preseason so that the team came into the year in better shape this year.”

As a softball player, “Sarah just kept working and working, and her swing was so natural, we had to find a place in the field for her to play,” said Bannister. We knew she wasn’t going to be a shortstop for us, but we needed to reward her hard work with playing time, and she really worked at playing left field.”

Meunier hit .333 with two home runs, five doubles, and 18 RBI as a sophomore in 2019. She stood out in conference play where she batted .471 with five doubles and 15 RBI in 13 league contests before being named second-team all-Massachusetts State Collegiate Athletic Conference.

Meunier says she misses the routine of playing softball a lot.

“It’s hard going from playing every day in the spring to not at all,” she said. “It’s a beautiful day outside today and I’d expect to be outside for softball. It was sad coming home from Florida.” The Owls’ annual spring 10-game trip was cut short by the COVID-19 pandemic.

“I’m lucky that around my home there are some good loops for walking and running, and some trails for hiking. I have a bow net and brought my bat home, so I have been able to work on hitting a little, and my sister used to play softball so she will throw with me.”

Meunier said that Westfield State’s physician’s assistant program will be her first choice. She plans to pursue a gap year after graduation to work in the medical field to accumulate the working hours necessary for admission to the program. She hopes to start working as a CNA this summer.

“I just want to work to contribute, I want to help be there for people,” said Meunier. “I don’t like to stand by watching.”

SPRING

Minor League play remains closed

SPRINGFIELD – The American Hockey League has advised its clubs that the indefinite suspension of AHL play will not be lifted before May.

The League is recommending that teams facilitate the return of AHL players to their primary residences.

It is still up in the air if most professional sports will resume seasons or even play at all in the case of Major League Baseball. The National Hockey League, and its minor league affiliates in the American Hockey League were nearing the end of their regular season and the Stanley Cup Playoffs

would have begun earlier this week. Similarly, the American Hockey League would have started the Calder Cup Playoffs.

Springfield was not a part of the playoff picture last year, but was in contention for a playoff spot before play was stopped in the middle of last month.

Springfield’s play was dipping a bit, but the Thunderbirds were just a few games out of contention in the Atlantic Division. Springfield is 31-27 this year with three overtime losses (good for one point), and no shootout

losses this season. That’s a 65-point season for Springfield, though it trails fourth place Hartford by eight points.

There has been no word on when play could resume. The most recent word from the AHL advising players to stay in their homes came on March 16. It’s also unclear the AHL would play out its regular season and then the playoffs, or go straight to the playoffs. The same scenarios are being weighed by the NHL and NBA.

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First Monadnock event set for May 9

WINCHESTER, N.H. – Due to the coronavirus outbreak and based on the orders by New Hampshire state officials, the Tri-Track Open Modified Series and NHSTRA events at Monadnock Speedway are postponed through at least May 4. According to the speedway’s website, the offices are also closed until at least May 4, but staff of the office are checking email and messages every day. Currently, the season is set to open on Saturday, May 9 with a full slate of events, including: 100-lap Tri Track Modified Series, NHSTRA modifieds, late model sportsman, street stocks, mini-stocks, pure stocks and young guns. It is unknown whether speedway events will be open to the public when they resume.

Valley Wheel Baseball looking for new players

REGION – The Valley Wheel Over-30 Baseball League is seeking new players for the upcoming 2020 season. The league is seeking players ages 28 and up. Players turning 28 this year are eligible. However, only players 30 and older can pitch. The league plays 15 regular season games with games being held mostly on Sundays with a couple of weekday games thrown in the mix as well as a special Mother’s Day Saturday game in early May. However, due to the current circumstances, the league schedule has been pushed back. The league still

plans to play its season once bans on gatherings are lifted. The league is built on comradery, fair play, and having a good time with friends. If interested in trying out, go to www.valleywheel-baseball.com. The rules of the league and new player forms can be found on the site. For further information, you can contact the league’s commissioner, Jim Nason at wheel12@comcast.net or call him at (413) 433-4308. Tryouts will be taking place in the early weeks of April, weather permitting, with a draft following the tryouts.

Sign-ups ongoing for Quabbin League

REGION – The Quabbin Valley Over-30 Baseball League is seeking new players for 2020 season. The league has six teams, several with open roster spots. Last year, the league voted to allow players age 28 and 29 to be able to join the league,

though players under 30 are not eligible to pitch. The cost of the league this season is \$192. For returning players, sign-ups are extended through May 1. New players can also sign up through this date with the draft currently set for May 2. The league hopes

to begin play in early June. The season is 15 regular season games plus at least one playoff game. A modified schedule is being worked on by league officials. Games are nine innings and metal (BBCOR -3) or wood bats are allowed. Fields loca-

tions are throughout Western Mass. For more information on the league, or if you are interested in registering, go to <https://www.quabbinvalleybaseball.org/>. The league is also in Facebook.

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Athlete of the Week

William Burke
Palmer High School



The Palmer resident won a middle school tournament in the 118-pound division in February at Wayland High School. He won four matches, including one win in just 19 seconds. To nominate someone for Athlete of the Week, contact Managing Sports Editor Gregory A. Scibelli at 413-283-8393 ext. 258 or send an e-mail to gscibelli@turley.com.

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Keeping kids engaged and happy during this outbreak

SPRINGFIELD – With the recent extension of school and daycare closures during the coronavirus pandemic, parents may be seeking additional ideas to ensure their children are continuing to learn and develop, while also fitting in much needed time for play, expression and physical activities.

“There are many ways to approach the plan for how to support kids while they aren’t attending daycare or school in a traditional way. Parents know their children best and there isn’t necessarily a ‘one size fits all’ plan that will work for every child and family,” said Jessica Hagerman, child life specialist and manager of Child Life & Healing Arts at Baystate Children’s Hospital.

“It’s helpful to consider all of the aspects that make a child who they are, including their age, development, educational needs, learning style, interests, energy level, and ability to focus. These may all contribute towards figuring out the best plan that will meet their needs,” she said.

Parents may want to consider creating a routine for some sense of normalcy and to keep the environment somewhat predictable during these very unpredictable times.

“Children may feel a lack of control with all that’s going on around them, so it’s also a great idea to include them in some of the decision-making, and to give choices about activities and plans when appropriate. Staying connected with their school to understand what resources may be available and their requirements for keeping up with academics should certainly be a part of the plan, but this may also be a great time to create some extra fun, memorable experiences in hopes that children as well as parents will look back on this time in a positive way,” said Hagerman.

There are so many great online resources available to families with ideas for games, activities and suggestions to keep children occupied and learning during this social isolation period and beyond, noted the child life specialist.

“A simple search will bring up a wealth of resources and ideas. We also encourage families to find a healthy balance between screen time and screen-free activities. While there is so much to do and learn in the digital world, moderation is important to ensure children are also still engaging in other activities to support their overall development. When children are actively playing and creatively engaging in their environment, it can support their development in incredibly positive ways,” said Hagerman.

She noted this is not an easy time for some parents, many of whom may be juggling being home with their children while still trying to work from home, or who may be trying to coordinate the many aspects of life that are affected by this pandemic.

“Sometimes screen-time may be the one thing that keeps your child content while you sign into that conference

call. Being aware of what your kids are accessing when they are on the screen can make all the difference,” said Hagerman.

She also encourages fresh air and exercise and notes that social isolation doesn’t have to mean staying inside, but that it does mean that you should be responsible when you are outside.

“Avoiding public playgrounds and ‘high touch’ areas like climbing structures, or places where others may congregate, is really important for health and safety during this pandemic. If you don’t have a yard or an isolated outdoor space to play, going for walks or riding bikes in areas where you can keep a safe distance from anyone other than those you live with is a good way to still get out and moving. It’s a good idea to be prepared with hand-wipes or sanitizer for any little hands that like to touch everything,” said Hagerman.

Other outdoor activity ideas may include: creating a chalk obstacle course, treasure hunts, hula-hoop races, planting a garden, having a picnic or blowing bubbles. More details for how to do these are only an internet search away, she said.

For indoor activities, there are always the classics like board games, card games, puzzles, arts and crafts and movie nights.

“You may also have some home improvement projects around the house for kids who are old enough to help. This may be a great time to clean out that old toy chest, sort through your bookshelf, organize the Tupperware drawer, or put away winter clothes,” said Hagerman.

She said now may also be a great time to create a family time capsule. You can download a free copy of “My COVID-19 Time Capsule” created by Natalie Long of Long Creations at <http://letsembark.ca/time-capsule>.

“In five, ten or 20 years from now, you can look back at how you and your family made it through all of the COVID-19 changes,” said Hagerman.

“Also, if you haven’t already joined the slime craze, we suggest trying the ‘Baystate Slime’ recipe. This one is a favorite around our pediatric unit,” she said.

The recipe: 5 oz. school glue, ½ tsp of baking soda, 2 tbsp. of contact solution, add a small amount of food coloring or acrylic paint for color. Consider adding shaving cream for “fluffy slime” and experimenting with adding small items like beads, glitter or other trinkets to provide texture.

The Baystate Children’s Hospital child life specialist offers the following websites for some

additional experiences to consider:
<https://www.weareteachers.com/best-virtual-field-trips/>
<https://www.kennedy-center.org/education/mo-willems>
<https://mommypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-household-stuff>

DEATH NOTICES

Czech, Edward M.
Died April 12, 2020
Funeral services were private
Sweeney Brothers Home for Funerals

Garnett, Doryann
Died April 11, 2020
Funeral Services will be private
Shaw-Majercik Funeral Home

Vaill, Verna F.
Died April 9, 2020
Services will be private
Lombard Funeral Home

The Journal Register
OBITUARY POLICY

Turley Publications offers two types of obituaries.
One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.
The other is a **Paid Obituary**, costing \$100, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.

O B I T U A R I E S

Edward M. Czech



QUINCY, MA – Edward M. “Barney” Czech, age 99, of Quincy, formerly a longtime resident of Palmer, died peacefully, Sunday, April 12, 2020 at Alliance Health at Braintree. Barney was born on March 22, 1921 in Palmer and graduated from Palmer High School in 1938. He worked for Wickwire Spencer Steel Company before enlisting in the U.S. Army during World War II. After being honorably discharged from the Army he married Frances C. Lenz in Flint, Michigan where he worked as a mechanic for General Motors. After moving back to Palmer, he started Barney’s Automotive which he operated for thirty-five years. Barney was an active parishioner of Saint Thomas the Apostle Church in Palmer. In his younger days, he enjoyed being

a member of the Drum and Bugle Corps of Palmer and Springfield. He enjoyed playing tennis, even in his 80’s, and was a big Boston Bruins fan. Beloved husband of the late Frances C. (Lenz) Czech. Devoted father of Dennis Czech and his wife Katrina Iserman of Boston, Lawrence Czech and his wife Carol of Braintree. Loving grandfather of Daniel Czech and his wife Emily Hancock, Lisa Czech, and Olivia Czech. Barney was predeceased by his siblings, Frank Czech, Mary Mowduk, Vicky Longtine, and Josephine Ames. Son of the late John and Agnes (Ridz) Czech. Barney is also survived by his brother-in-law, Stan-



ley “Mo” Mowduk, and many nieces and nephews. Funeral services were private due to the COVID-19 pandemic. A celebration of Barney’s life will be held at a later date. For those who wish, donations in Barney’s memory may be made to the Center for Disaster Philanthropy COVID-19 Response Fund, One Thomas Circle NW, Suite 700, Washington, DC 20005. Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Avenue, Quincy. You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Doryann Garnett, 60

Doryann Garnett, 60, of Brimfield died suddenly Saturday April 11 at her home. She was born in Palmer to the late Richard+Marlene (Gurski) Garnett. She leaves behind her husband Paul Skomro of 30 yrs, her daughter Jennifer Tenczar+spouse Jonathan Checcka of Charlton, her two brothers John Garnett and Richard Garnett both of Palmer, her grandson Dylan Checka, and her beloved dogs Gumber + Frankie.

Doryann had a huge and warm heart. She loved nothing more than her family. She enjoyed a good cup of coffee and sitting around the kitchen table sharing a good story. One of her favorite pastimes was tagsaling, she always loved a bargain. She enjoyed taking care of “her” lake and planting and replanting her shrubs.



Funeral services will be private and held at a later date with family. The Shaw-Majercik Funeral Home, 48 School St., Webster, MA has been entrusted with her arrangements. A guest book is available at www.shaw-majercik.com where you can post a condolence or light a candle.

Verna F. Vaill, 93

MONSON/STURBRIDGE–Verna F. (Gracia) Vaill, 93, died peacefully in the comfort of her home, Thursday, April 9, 2020. Verna was a longtime resident of Monson, and for many years was a dispatcher for the Monson Police Department. She was an avid reader and nature lover. She enjoyed gardening, chatting with people, and being at the lake. Verna was predeceased by her

husband, Donald. She leaves sons James B. Vaill of Monson, Edward Matys (wife Leslie) of Woburn, and Daniel Matys; daughter Nancie (Vaill) Shay (husband C.J.) of Ashland, KY; grandchildren Justin, Aaron, Abbey, and Alec Matys, Emily Shay; one great grandchild; KC, her beloved cat and companion; and many nieces and nephews. Verna was predeceased by sib-

lings Frank Gracia Jr., Muriel Anderson, and Gladys Mott. Arrangements have been entrusted to Lombard Funeral Home of Monson. Services will be private. Memorial contributions may be made to Norcross Wildlife Sanctuary, 30 Peck Rd., Monson, MA 01057. For online condolences, please visit www.lombardfuneralhome.com.

Police/Fire

Police Logs

PALMER

The Palmer Police Department responded to a total of 251 calls from April 7 through April 13. The Department made seven arrests or summons. Those arrested will appear at a future date in the Palmer District Court and are innocent until proven guilty.

Thursday, April 9

Joseph A. II Mercier, 25, of 68 Harris St., Granby, was arrested at 1:20 a.m. on Park Street in Palmer on three arrest warrants.

Sunday, April 12

Muhammed Kus, 28, of 322 Meadow St., Agawam, was arrested at 11:50 p.m., in the area of Fairview Street and Wright Street in Palmer on charges of operating under the influence of liquor; negligent operation of a motor vehicle;

attaching plates to a motor vehicle; unlicensed operation of a motor vehicle; a marked lanes violation; license not in possession; and the possession/consumption of an alcoholic beverage in an open container.

MONSON

The Monson Police Department responded to a total of 177 calls from April 5 through April 11. The Department made seven arrests or summons. Those arrested will appear at a future date in the Palmer District Court and are innocent until proven guilty.

Sunday, April 5

Jorge Luis Santiago, 48, of 38 B Nulton Way 72, Hartford, was arrested at 1:24 a.m., on charges of a straight warrant; operating under the influence of liquor; possession of an open container of alcohol;

negligent operation of a motor vehicle; and speeding.

Monday, April 6

Brandy Lee Laviolette, 35, of 62 Water St., Palmer was arrested at 8:08 a.m., on charges of trespassing; breaking and entering during the daytime for a felony; vandalizing property; and the possession of a Class B drug.

Wednesday, April 8

Thomas Anthony Jr. Gamelli, 34, of 57 Old Coach Cir., Ludlow, was arrested at 5:52 p.m., on a default warrant.

Carrisa Brancato, 39, of 6 Richardson Path, Newburyport, was arrested at 8:47 p.m., on charges of possession of a Class A drug; possession of a Class B drug; and a default warrant.

Fire Logs

PALMER

The Palmer Fire Department responded to a total of eight calls from April 9 through April 14.

On Thursday, April 9 at 8:17 a.m., the department responded to a motor vehicle accident with a fluid spill on North Main Street. The department returned to service at 8:40 a.m.

On Thursday, April 9 at 4:59 p.m., the department responded to a Carbon Monoxide detector activation on French Drive. The department returned to service at 5:30 p.m.

On Sunday, April 12 at 1:31 a.m., the department responded to a smoke detector activation on Depot Street. The department returned to service at 1:56 a.m.

On Sunday, April 12 at 8:24 p.m., the department responded to a structure fire on High Street, with mutual aid from the Three Rivers Fire Department. The department returned to service at 9:14 p.m.

On Monday, April 13 at 2:30 p.m., the department responded to a carbon monoxide detector activation on Boston Road. The department returned to service at 2:48 p.m.

On Monday, April 13 at 2:46 p.m., the department responded to a call that was dispatched and called while en route on the Mass Pike. The department returned to service at 2:48 p.m.

On Monday, April 13 at 11:49 p.m., the department provided medical assistance on Squire Street. The department returned to service at 12:15 a.m.

On Tuesday, April 14 at 10:20 a.m., the department provided pub-

lic service to Buckland Street. The department returned to service at 10:50 a.m.

THREE RIVERS

The Three Rivers Fire Department responded to a total of three calls from April 8 through April 12.

On Wednesday, April 8 at 8:06 a.m., the department responded to an EMS call on Sylvia Street. The department returned to service at 8:30 a.m.

On Wednesday, April 8 at 7:08 p.m., the department responded to an unauthorized burning on Baptist Hill Road. The department returned to service at 7:17 p.m.

On Sunday, April 12 at 8:23 p.m., the department responded to a fire in a residence on High Street. The fire was put out prior to the department’s arrival, the department returned to service at 9:40 p.m.

BONDSDVILLE

The Bondsville Fire Department responded to a total of six calls from April 7 through April 13.

On Tuesday, April 7 between 7:38 p.m. and 8:20 p.m., the duty officer investigated four burning complaints. There were 3 locations on Main Street and 1 location on State Street. The duty officer returned to service at 8:26 p.m.

On Saturday, April 11 at 3:00 p.m., the department investigate an outside burning complaint on Foster Street. The department returned to service at 3:12 p.m.

On Sunday, April 12 at 8:32 p.m., the department provided mutual aid to High Street in Three Rivers for a reported structure fire. The

department returned to service at 8:48 p.m.

MONSON

The Monson Fire Department responded to a total of 17 EMS calls and 7 fire calls for the week of April 6 through April 12.

On Monday, April 6 at 3:46 p.m., the department responded to 295 Stafford Rd. for the brush fire. The department returned to service at 5:30 p.m.

On Monday, April 6 at 10:10 p.m., the department responded to 25 Bumstead Rd. for a motor vehicle accident. The department returned to service at 11:10 p.m.

On Monday, April 6 at 11:15 p.m., the department provided mutual aid to 25 Whispering Pines road in Stafford for a structure fire. The department returned to service at 11:30 p.m.

On Wednesday, April 8 at 4:30 a.m., the department responded to 193 Wales Rd. for a fire alarm activation. The department returned to service at 5:11 a.m.

On Thursday, April 9 at 11:20 a.m., the department responded to 23 Reynolds Ave. for a carbon monoxide activation. The department returned to service at 11:33 a.m.

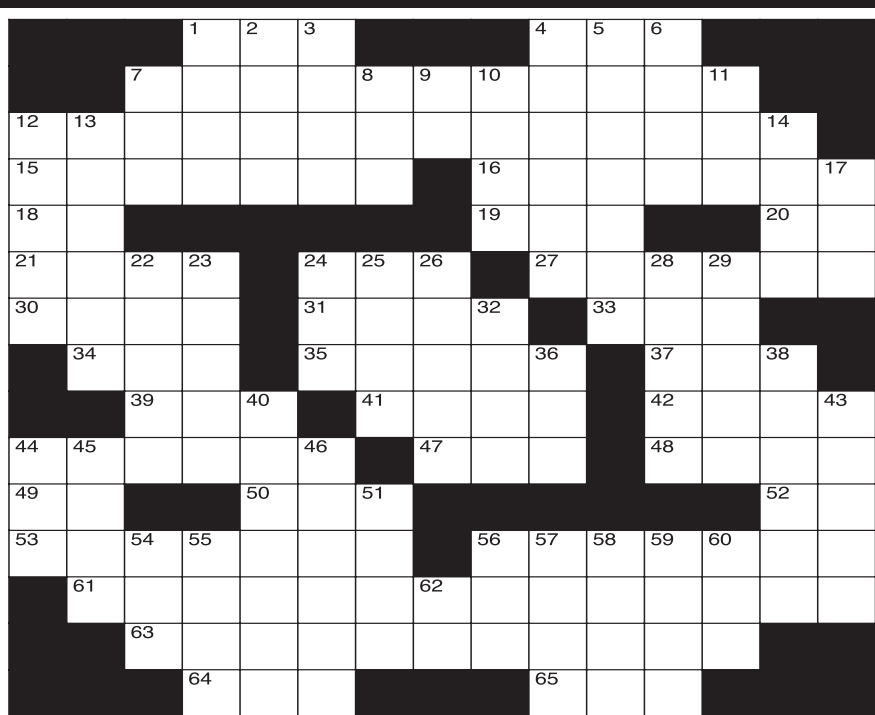
On Saturday, April 11 at 3:50 p.m., the department responded to 48 Brimfield Rd. for a bush fire. The department returned to service at 4:20 p.m.

On Saturday, April 11 at 8:21 p.m., the department responded to 354 Boston Rd. for a fire alarm activation. The department returned to service at 9:25 p.m.

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- Artificial intelligence
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- Not in any place
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- Seaborgium's former name (abbr.)
- Get up
- Uncoordinated
- Ill-fated cruise ship
- Work hard
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- Largest English dictionary (abbr.)
- Healthcare pro
- Egyptian Sun god
- Expresses the negative
- Some are three-legged
- Clothing manufacturer
- Close by
- Tooth caregiver
- Housing material
- Flows through
- Founder of Babism
- Honorific title
- A type of letter
- Seize and hold firmly
- Artery
- Body fluids
- Press against lightly
- An island in the Pacific
- A reminder of past events
- Austrian spa town
- Peter's last name
- Something a mob might do
- Of the bones of the feet
- "Amazing Stories" writer
- Nazi-resistant youth group (abbr.)
- Used to have (Scottish)
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- Type of precipitation
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- Expresses emotion

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Regional



Turley Publications courtesy photo
Two of Quabog Valley Community Development Corp.'s loan facilitators, Melissa Fales, left, and Dakota DesRochers, just two of several employees working remotely to help area communities during COVID-19 in a number of ways.

QVCDC continues its mission

Help during
COVID-19 is here

By Eileen Kennedy
Staff writer

WARE – Quabog Valley Community Development Corp.'s physical doors may be shut due to the COVID-19 circumstances, but employees are still available and working hard to meet the area's needs, particularly for small businesses. They are all working from home and lining up help for cash-strapped businesses, job seekers and senior citizens who may no longer be able to go out in public to shop.

Senior citizens

Through an additional grant from the Worcester Community Foundation, the QVCDC has expanded its existing program to help Hardwick seniors with errands to Warren and Ware. All workers through them have had criminal background checks and can do chores such as picking up groceries and prescriptions or other simple tasks, which have become so difficult during the COVID-19 circumstances. Those who need help should call the QVCDC at 413-967-3001. QVCDC Executive Director Sheila Cuddy and Loan Coordinator Melissa Fales advises people to let the phone ring as they are not a big agency and they are spread out at their homes. If seniors leave a message, it will be returned, they said.

Small business help

For small businesses, the rapid response loan program is available, which offers \$15,000 per business, and QVCDC workers can help business people apply for the loans. Business people will need to

provide their 2018 business taxes, or their 2019 taxes if they've been filed, a personal financial statement from each principle, credit report authorization, USDA debarment form, personal taxes and the application form, but QVCDC will help with the application.

The program offers no interest or payment for the first six months of the loan, low interest for the following six months at 3 percent and the length of the loan is on a case-by-case basis.

QVCDC can also help business people put together the necessary paperwork for Small Business Administration statewide disaster loans for businesses suffering substantial economic injury due to the circumstances around the COVID-19. Applicants can apply online at <https://disasterloan.sba.gov/ela> and call the SBA's customer service center at 800-659-2955 or email disastercustomerservice@sba.gov.

The deadline to apply for an Economic Injury Disaster Loan is Dec. 18.

The \$2 billion stimulus bill recently passed and signed into law by President Donald Trump includes payroll protection loans for companies with 500 or fewer employees. It provides \$10 billion worth of grants up to \$10,000 to provide emergency funds to small businesses to cover immediate operating costs.

There is also \$350 billion for the Small Business Administration to provide businesses with up to \$10 million each, which can be used to cover payroll, rent, mortgage payments and existing debt. If workers stay employed through June, these loans could be forgiven.

There is also \$17 billion to cover six months of payments for those

businesses that already have SBA loans.

QVCDC employees can advise businesses as they pull together their applications for those programs.

The Education to Employment, or E2E Center, on Main Street in Ware is closed to the public, but Holyoke Community College's Job Placement Assistant, Ann Rocchi, is available remotely to help people with job searches, resumes and cover letters. An appointment for a remote meeting can be made by calling her at 413-552-2929 or by email at arocchi@hec.edu.

Rides

The Quabog Connector, which provides van rides to low-income riders at \$2 each way, for a \$4 roundtrip, is still serving local residents in the Quabog Hills area, taking folks to the grocery, bank drive-ins, work and other locations. They are taking precautions with frequent cleaning of the vans.

The towns served are Belchertown, Brookfield, East Brookfield, West Brookfield, Hardwick, Palmer, Monson, Ware and Warren.

It is open from 9:30 a.m. to 1:30 p.m., during the week. The number to get a ride, which must be lined up two business days in advance, is 413-544-3401.

"We urge people get in touch, we may not have an answer immediately for you on every issue, but we'll get it for you," said Melissa Fales, one of the nonprofit's loan coordinators. "We may not answer immediately, but leave a good, clear message and we will return your call as soon as possible."

For more information about the QVCDC or its programs, to to www.qvcdc.org.

Recovery online: How 12-step meetings have migrated

By Elise Linscott
elinscott@turley.com

Jeremy F. has been clean from drugs and alcohol for 38 years. In that time, he's seen other newcomers go from hitting rock bottom to living healthy and sober.

Jeremy now serves as the New England Regional Web Chair for Narcotics Anonymous (NA) and said he understands the importance of staying connected and spreading the message of organizations like NA to people who need it. Since the coronavirus outbreak, the 73-year-old also been working tirelessly with local groups, enabling them to get online.

"I believe without meetings, addicts will die," Jeremy said. "Especially newcomers. I feel a very keen responsibility to make sure they get the information. And that meant getting them all the Zoom information online for them."

While he isn't worried about his own recovery being in jeopardy, he's seen how physical distancing and social isolation has affected others. Just this week, he received an email through NA's website from a man who said he was hitting rock bottom with cocaine and really needed help. Jeremy sent a note back with information for a Zoom meeting happening that night.

The meetings have also given him an opportunity to connect with old friends. Jeremy currently lives in Carver, in eastern Massachusetts near Plymouth. He used to live in Maine; thanks to Zoom, he's able to log on and participate in meetings with his Maine NA community and see more familiar faces.

Of the 50 NA groups in Western Massachusetts, 13 have migrated online, while the other 37

haven't been meeting, he said. Zoom information and a schedule can be found through the NA New England Region website.

"The way something like NA works is a person who learns how to be clean can easily tell anyone else their experience," Jeremy said. "They don't have to be a psychologist, they don't have to be eloquent, they just have to talk about of their own experience. And if we don't get together to talk about, to share our experience and give other people guidance and comfort and support, it's just not going to work."

Many local Alcoholics Anonymous (AA) groups have also been meeting virtually through Zoom, according to the local Area 31 Intergroup's website, which has a full schedule and Zoom meeting IDs. They're offered daily, with a variety of formats including speaker meetings, discussion groups and literature-focused groups who read and share from texts like the "Big Book" of Alcoholics Anonymous and the 12 Steps and Traditions.

Groups like AA and NA follow a traditional 12-step process to recovery.

Other options for people struggling with addictive behaviors and substance misuse disorders include SMART Recovery, which stands for Self-Management and Recovery Training and follows a science-based approach emphasizing self-empowerment and self-reliance, according to the organization's website. SMART also offers meetings daily through Zoom.

There are also recovery groups based in Buddhist principles, including Recovery Dharma and Refuge Recovery. These

groups, along with SMART Recovery, address addictions ranging from substances like drugs and alcohol to behavioral addictions like co-dependency, eating disorders and sexual maladaptive behaviors, whereas NA and AA groups focus on addictions to particular substances.

One challenge Jeremy and other groups have faced is adequately reaching newcomers, especially those who don't have access to the internet.

"It used to be with in-person meetings people would come in, they'd get greeted and in NA it was common to hug, sort of like shaking hands in normal society," Jeremy said. "Of course, that's very welcoming to feel like you're hugged and wanted, and people can see each other, they can pick up the emotional tone in the room. At the end of the meeting, people mill around, people will spot newcomers and go over and talk to them and maybe offer a phone number or talk about going out for coffee and ice cream. Newcomers really get a chance to be drawn into the fellowship."

"When I was new, I felt a sense of being loved. I felt a sense of being really wanted. It's incredibly attractive. It made me want to stay. We can do something through online meetings, but we can't really duplicate that."

Jeremy said recently, he's been attending more meetings than ever. While he hasn't seen anyone identify as a newcomer in those half-dozen meetings, he's said he's glad for the mutual support and ability to connect with others in recovery during this difficult time.

Bill to keep local government running now on Governor's desk

Tax filing deadline extended; beer & wine take-out allowed at restaurants, bars

operating using monthly interim budgets funded through free cash and other revenue accounts, with the approval of the director of local accounts at the Department of Revenue.

Smola said House Bill 4598 extends the state's personal income tax filing deadline from April 15 to July 15, reflecting changes that were recently made to the federal tax filing deadline. The bill also allows bars and restaurants holding liquor licenses to sell beer and wine to customers ordering take-out food to help local businesses recoup some of the sales that have been lost since dining in was temporarily banned last month.

House Bill 4598 also:

- authorizes cities, towns and districts that incur a deficit this year to amortize the debt over the next three fiscal years, using guidelines issued by the Commissioner of Revenue;
- extends the deadline for municipalities to exercise a right of first refusal option to purchase property until 90 days after the State of Emergency is lifted;
- removes the annual cap on hours and earnings for retired employees collecting a pension so they can work during the State of Emergency, provided they did not retire under a general or special disability law;
- permits cities and towns to extend the deadlines for property tax payments and applications for tax exemptions to a date no later

than June 1;

- authorizes cities and towns to waive interest payments and other penalties for late payments of excises and taxes, including water and sewer payments, if payment is made before June 30;

- prohibits cities and towns from terminating essential services – including water, trash collection and electricity – for non-payment of taxes or fees resulting from loss of employment, serious illness or other financial hardship related to the outbreak of COVID-19;

- allows permit-granting authorities to hold meetings and public hearings remotely during the State of Emergency, using the guidelines established in the governor's March 12 order suspending certain provisions of the Open Meeting Law;

- ensures that no permit, variance, special permit, license, amendment, extension, or other approval issued by a permit-granting authority will lapse or be deemed granted, approved or denied until 45 days after the State of Emergency is lifted, or by a date otherwise prescribed by law, whichever is later; and

- enables public corporations to conduct meetings remotely for the duration of the State of Emergency, and for 60 days thereafter.

For additional information please contact Smola at Todd. Smola@mahouse.gov or 617-722-2100.

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Journal Register

UMass Tasso and Music Symposium, Concert to Proceed in Video Format

AMHERST (MASS.) - Due to the COVID-19 pandemic, the Tasso and Music Symposium will now take place via Zoom video conference during the April 17-19 weekend (9:30am-12:30pm each day). Over a dozen music historians and literary scholars from North America and Europe will present papers on the musical legacy of 16th-century Italian poet Torquato Tasso.

The symposium is inspired by the Tasso in Music Project (www.tassomusic.org), directed by Department of Music of Dance professor Emiliano Ricciardi. Funded by a \$260,000 Scholarly Editions and Translations Grant from the National Endowment for the Humanities, the digital project has established the first complete critical edition of the early modern musical settings of this great poet.

Composers from the late 16th and early 17th centuries were extremely fond of Tasso's verse and produced hundreds of musical settings, many of which have become

part of the canonical early music repertoire. During the three-day symposium, the featured speakers will offer interdisciplinary insight into Tasso's extraordinary musical legacy, tackling a variety of subjects ranging from Tasso's own thoughts about music to composers' interpretations of his poems.

"The goal of the Tasso in Music Project and the weekend symposium is to help to shed light on the significance of Tasso's poetry for the musical culture of his time and beyond," said Ricciardi. "In bringing together such a notable group of scholars and performers, these events will also serve to cement UMass's role as a leading center for the study of early modern music and poetry."

On Saturday, April 18 at 2 p.m., there will also be a streamed concert of musical settings of Tasso's poems by the ensemble Palma Choralis, which features early music performers and researchers Marcello Mazzetti and Livio Ticli. The



duo will record the concert in their hometown of Brescia in northern Italy, one of the hardest-hit cities in the pandemic. In addition to the weekend events, there will be also another streamed concert of Tasso settings performed by the U.S. ensemble Les Canards Chantants as

soon as shelter-in-place regulations are lifted (date TBD).

When asked to reflect upon staging these events in the midst of the current crisis, Ricciardi commented, "Although there is no substitute for an in-person conference and for live concerts, we are glad



that digital technology will allow the events to take place. The new format is also consistent with the inspiration behind the events, namely the Tasso in Music Project, which is itself digital. Through technology, we hope to bring Tasso's poetry and its musical settings to as wide an audience as possible." Ricciardi added, "By celebrating this great poetic

and musical legacy, we also hope to bring a moment of relief, especially for those who live in hard-hit areas like the city of Bergamo, Italy, hometown of the Tasso family and seat of one of our sponsors, the Centro di Studi Tassiani."

Complete Information on how to view the symposium and the Palma Choralis concert, along with a full list of presenters and abstracts, is available at www.umass.edu/music/tasso-and-music-symposium-concerts.

The Department of Music and Dance is presenting the Tasso and Music Symposium and Concert in partnership with the UMass Italian Studies program and the Arthur F. Kinney Center for Interdisciplinary Renaissance Studies. Support is also provided by the National Endowment for the Humanities, UMass Amherst College of Humanities and Fine Arts, and Centro di Studi Tassiani (Bergamo, Italy).

State income tax deadline extended

BOSTON — Governor Charlie Baker, Lt. Governor Karyn Polito, Senate President Karen Spilka and House Speaker Robert DeLeo on March 27 announced an agreement to extend the 2019 state individual income tax filing and payment deadline from April 15 to July 15 due to the ongoing COVID-19 outbreak. This income tax relief is automatic and taxpayers do not need to file any additional forms to qualify.

"Massachusetts will move the state personal income tax filing and payment deadline to July 15, consistent with the federal government, in order to provide additional flexibility to filers during this crisis," said Governor Charlie Baker. "In partnership with our colleagues in the Legislature, we are committed to providing this flexibility to taxpayers in a way that protects the Commonwealth's strong fiscal footing that we have all worked hard to develop over the past several years."

"We are proud to work with the Legislature to provide meaningful relief to people throughout the Commonwealth during this public health emergency," said Lt. Governor Karyn Polito. "This extension will afford taxpayers additional time to file their Massachusetts individual income tax returns as we carry out the historic response to the COVID-19 outbreak."

"The top priority during this public health crisis is to address the immediate needs facing our residents," said Senate President Karen E. Spilka. "Our message is clear: residents should stay home and avoid social contact to be safe. Extending the tax deadline helps us accomplish that goal and provides peace of mind. I want to thank Chair Rodrigues, as well as our partners in the House and the Administration for their continued collaboration in confronting the challenges facing our Commonwealth."

"The House, in partnership with the Senate and the Administration, agreed to an extension of the state tax filing deadline to ease the burden on individuals while agreeing to borrowing measures that would protect the Commonwealth's revenue stream," said House Speaker Robert A. DeLeo. "Thank you to Chair Michlewitz for his leadership in ensuring the Commonwealth's fiscal viability while providing tax relief to those unduly effected by this crisis."

Today's announcement will move the state income tax filing deadline to match the July 15 deadline for filing federal individual income taxes. Legislation will be filed in the near future to finance the extension, and accompanying administrative changes will be implemented through the Department of Revenue. Specifically, the legislation will authorize the Commonwealth borrowing flexibility to manage deferred revenue this fiscal year and repay it in the next fiscal year, which starts July 1, 2020.

Individuals with questions or concerns regarding taxes can contact the Massachusetts Department of Revenue at (617) 887-6367 or send a secure e-message through MassTaxConnect.

The Commonwealth will continue to update the public on further developments and individuals are encouraged to consult both the Department of Public Health and the US Centers for Disease Control and Prevention websites for the most up to date information.

The latest information and guidance regarding COVID-19 is always available at mass.gov/COVID19.

Baker-Polito administration releases income tax guidance

BOSTON – The Baker-Polito administration released guidance regarding the extension of the 2019 state individual income tax filing and payment deadline from April 15 to July 15 due to the COVID-19 outbreak, and announced that the Department of Revenue (DOR) will waive any late-file and late-pay penalties for corporate excise returns and payments due April 15 that are filed and paid by July 15.

This guidance, publicized in the form of a Technical Information Release (TIR) from DOR, clarifies that the extension for personal income taxpayers applies to 2019 returns and payments as well as the first installment of estimated tax due April 15. The second installment of estimated tax due June 15 will also now be due July 15.

The extension of the personal income tax return deadline is being implemented pursuant to legislation and applies to personal income tax, estate and trust income tax, and income tax due with a partnership composite return with an April 15 due date. It also applies to an April 2020 tax installment owed by a personal income taxpayer with respect to deemed repatriated income. Taxpayers that have previously filed their 2019 returns but have not yet made the associated payments have until July 15 to make such payments.

Additionally, DOR will waive late-file and late-pay penalties for corporate excise (including financial institution and insurance premiums excise) returns and payments until July 15. The waiver of penalties applies to corporate excise returns and payments with an original due date of April 15, including those of certain S corporations and non-profits that file on a fiscal-year basis and have tax returns and payments due April 15.

This income tax relief is automatic, and taxpayers do not need to file any additional forms to qualify.

Individuals and companies with questions or concerns regarding taxes can contact the Massachusetts Department of Revenue at 617-887-6367 or send a secure e-message through MassTaxConnect.

Legislature gives Board of Education power to waive MCAS requirements

BOSTON –The House of Representatives and the Senate have approved legislation authorizing the Board of Elementary and Secondary Education to waive MCAS testing requirements for the 2019-2020 academic year due to the disruptions caused by the COVID-19 global pandemic and the ongoing State of Emergency in Massachusetts.

State Rep. Todd Smola (R-Warren) said that in addition to the proposed MCAS changes, House Bill 4616, An Act to further address challenges faced by municipalities, school districts and state authorities resulting from COVID-19, would also allow regional school districts to delay finalizing a fiscal 2021 budget beyond June 30, and extend the deadline for school districts to file progress reports mandated by the 2019 Student Opportunity Act. The bill was enacted in both legislative branches on April 9, and is now on Governor Charlie Baker's desk awaiting his signature.

Under the bill, the Board of Elementary and Secondary Education would be empowered to waive the requirements of the competency determination for high school graduation, with the recommen-

dation of the Commissioner of Elementary and Secondary Education. High school seniors who are unable to take or complete a competency determination assessment administered in the spring of 2020 would be given the opportunity to take or retake the assessment at a later date.

The bill also mandates that the requirement for a comprehensive diagnostic assessment of individual students be waived for the remainder of the 2019-2020 school year.

Because some participating cities and towns may not be able to finalize a budget on time this year, House Bill 4616 would also permit regional school districts to suspend the statutorily-required vote on the approval of their fiscal 2021 budget until after June 30. To provide for the continued operation of the regional school district in the absence of a completed budget, the Commissioner of Elementary and Secondary Education would be authorized to certify one or more 1/12th interim budgets until a new budget is finalized.

Smola noted that House Bill 4616 also moves the reporting date for schools to submit their first three-year plan to close student

achievement gaps, as mandated by the Student Opportunity Act passed last year. The bill sets the new reporting deadline for May 15, but allows the Commissioner to extend the date even further, if needed.

Additional provisions contained in House Bill 4616 include language:

allowing for the in-person verification requirements to be suspended, waived, delayed or simplified for both the Massachusetts Rental Voucher Program and the Residential Assistance for Families in Transition (RAFT) program for the duration of the State of Emergency;

moving the date by which the MBTA board must approve a preliminary budget from March 15 to May 15; and

moving the date by which the MBTA must submit a final budget to the advisory board from April 15 to June 15.

House Bill 4616 includes an emergency preamble, which means it will take effect as soon as Gov. Charlie Baker signs the bill. For additional information please contact Smola at Todd.Smola@mahouse.gov or 617-22-2100.

Blood donations needed more than ever

Baystate Health moves its blood donor operation to Holyoke

SPRINGFIELD – As President Donald Trump left the White House briefing room recently during a coronavirus update, someone shouted out "donate blood!"

It was an important message. The need is so much that Massachusetts Gov. Charlie Baker included blood and platelet donors on his list of essential services issued recently.

America faces a severe blood

shortage during the coronavirus pandemic and the U.S. Surgeon General Jerome Adams is urging healthy individuals to donate blood as the crisis unfolds.

Until further notice during the COVID-19 pandemic, Baystate Health is relocating all blood and platelet donation to 361 Whitney Ave. in Holyoke.

Blood donations will take place daily, Monday through Sunday, from 10 a.m. to 4 p.m. Walk-ins are welcome, but appointments are suggested and can be made by calling 413-794-4600.

Platelet donations will also occur at Whitney Avenue, but are by appointment only at 413-794-

4600. Additional protocols are being implemented during the coronavirus pandemic for the safety and health of donors, including:

Prescreening donors
Extra precautionary cleaning
Spacing out donors to comply with social distancing and group gathering restrictions.

All eligible donors will receive a ticket to Six Flags (for future use, valid through Jan. 3, 2021 and a gift card to Big Y or Dunkin.

Please contact the Baystate Health Blood Donor Center at 413-794-4600 with questions or to make an appointment.

Public Notices

LEGAL NOTICE

In accordance with the provisions of the Massachusetts General Law 105A, for the purpose of satisfying the liens of Apple Self Storage, in order to satisfy past due rents and other expenses, the stored goods of the following named people, including household items will be sold at public lien sale at **10:00 AM on May 05, 2020**, on the premises of **Apple Self Storage, 1207 South Main Street, Palmer, MA** :
Sharon Bennett
156 Breckenridge Street
Palmer, MA 01069
4/16, 4/23/2020

LEGAL NOTICE

Pursuant to the provisions of MA Gen. Laws, Chap. 255, Sec. 39A, the following vehicles will be sold at public

auction for towing and storage charges due:

CHEVY VIN:2G1WU58R079196058
Jorge Gonzalez 43 Fan Wood Ave. Chicopee,MA; HONDA VIN:2HGES15542H553101
Joe Colon-Diaz 134 Leyfret Ter. Springfield,MA; CADILLAC VIN:1G6KD54Y77XU757607
Christopher Schuelke 1424 Main St. Apt.304 Palmer, MA : FORD VIN:1FTRF12W64NB66366
Robert Martin 43 Deckers Way Marshfield,MA; HONDA VIN:JHMGD38457S032791
Miranda Lemos 17 Cherry St. Ware,MA; FORD VIN:3FAHP0HA9BR205143
William Lewis 10 Pepperell Rd. Brookline,NH; BUICK VIN:2G4WS52J831264384
Nicole Laine 103 Pine St. Wheelright,MA; JAGUAR VIN:SAJDA01N32FM39185
Jeffrey Alvarez 144 White

St. 4R Springfield,MA. This auction is to take place on April 17, 2020, 10:00 A.M. at LaBontes & Son LLC, 241 Wilbraham St., Palmer, MA 01069.
4/02, 4/09, 4/16/2020

LEGAL NOTICE

In accordance with the provisions of the Massachusetts General Law 105A, for the purpose of satisfying the liens of LaBonte Self Storage, in order to satisfy past due rents and other expenses, the stored goods of the following named people, including household items will be sold at

public lien sale at **9:00 AM on May 01, 2020**, on the premises of **LaBonte Self Storage, 250 Wilbraham Street, Palmer, MA** :
Angelica Roman
1558 North Main Street
Palmer, MA 01069
4/16, 4/23/2020

Massachusetts Department of Environmental Protection Division of Wetlands and Waterways Western Regional Office 436 Dwight Street, Springfield, MA 01103

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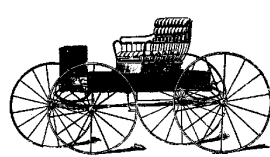
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ALL REAL ESTATE advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination." We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

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This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain about discrimination call The Department of Housing and Urban Development "HUD" toll-free at 1-800-669-9777. For the N.E. area, call HUD at 617-565-5308. The toll free number for the hearing impaired is 1-800-927-9275.

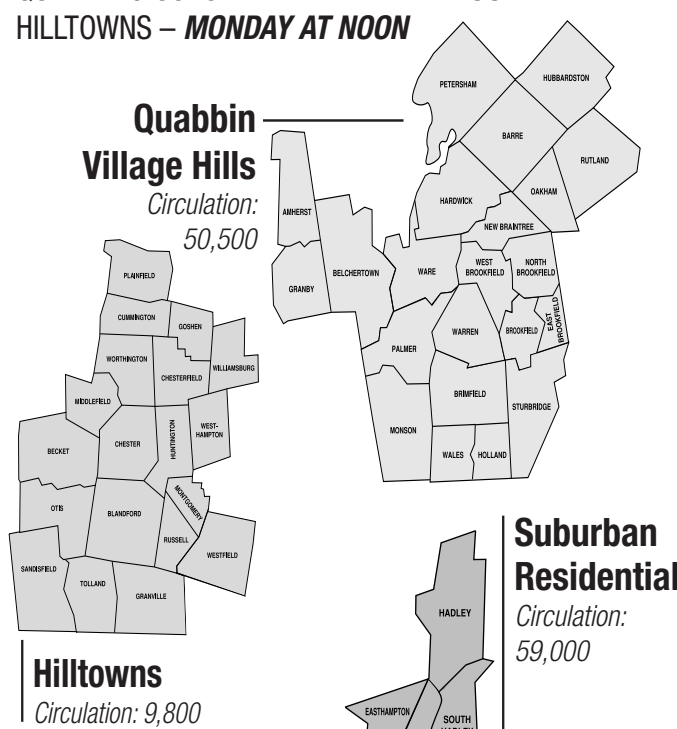
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MAIL TO: Classifieds, 24 Water St., Palmer, MA 01069
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HILLTOWNS – **MONDAY AT NOON**

CATEGORY:			
1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20 Base Price \$26.00
21 Base Price \$26.50	22 Base Price \$27.00	23 Base Price \$27.50	24 Base Price \$28.00
25 Base Price \$28.50	26 Base Price \$29.00	27 Base Price \$29.50	28 Base Price \$30.00
29 Base Price \$30.50	30 Base Price \$31.00	31 Base Price \$31.50	32 Base Price \$32.00
33 Base Price \$32.50	34 Base Price \$33.00	35 Base Price \$33.50	36 Base Price \$34.00
37 Base Price \$34.50	38 Base Price \$35.00	39 Base Price \$35.50	40 Base Price \$36.00

Name: _____ Phone: _____
Address: _____
Town: _____ State: _____ Zip: _____
Number of Weeks: _____ X per week rate = \$ _____
Credit Card: ☐ MasterCard ☐ VISA ☐ Discover ☐ Cash ☐ Check# _____
Card #: _____ Exp. Date _____ CVV _____
Amount of charge: _____ Date: _____



Buy the Quabbin Village Hills or the Suburban Residential ZONE for \$26.00 for 20 words plus 50¢ for each additional word. Add \$10 for a second Zone or add \$15 to run in ALL THREE ZONES.

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HILLTOWNS
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Community CALENDAR



E-mail items to elinscott@turley.com or mail to Calendar Editor, Journal Register, 24 Water St., Palmer, MA 01069, for receipt by Monday of week for publication.

NOW

Editor's note: Due to the coronavirus pandemic, events featured in the Journal Register, including those previewed in stories, briefs and on the calendar page, may be canceled with little notice. The Journal Register encourages readers to contact event coordinators and organizers for updated event times.

INTERESTED IN QUILTING?

The Quaboag Valley Quilters Guild is looking for new members. The Guild meets on the 1st, 3rd, and 5th Thursdays of the month at 1 p.m. in the basement of the Palmer Historical and Cultural Center, 2072 Main St., Three Rivers. The Guild is a no pressure group with varying degrees of accomplishments, from novice to Big E "Best In Show" winners. The membership fee is \$48 a year. For more information, contact Barbara Beaulieu at 267-4044 or Merry Mombourquette at 283-7577. Follow us on Facebook.

CHURCH CABOOSE THRIFT SHOP at Second Congregational Church, 1080 Pleasant St., Palmer has bargains on clothing, household items, linens, books, crafts and more. Come and see Fridays and Saturdays from 10 a.m. to 2 p.m. Call 283-6958 for more information.

THE MONSON LIONS CLUB has a 20-foot x 20-foot tent for rent. The cost is \$75 for a two-day event. The club will put it up and take it down. For more details, contact Curt at 413-668-6653.

DAY SPRING LODGE A.F. & A.M. located 14 Bliss St., Monson is making its hall available for rent for \$75 for a variety of parties and functions. For reservations, call Doug Battige at 413-267-5855 or 413-265-9398.

RESERVE YOUR CELEBRATION TENT now for your First Communion,

bridal and baby showers, graduation parties, family reunions, birthday parties or any other kind of celebration you may have outdoors. The Palmer Lions Club has a tent for you, either 20-feet x 20-feet for \$125 or 20-feet x 40-feet for \$200. This includes setup and takedown in the Palmer area. Call Karen at 413-813-8445 to make a reservation. You may need to leave a message and your call will be returned. The Palmer Lions Club tent rental fees go towards assistance for the people of Palmer, Bondsville, Three Rivers and Thorndike.

MONSON WOODWACKERS wood carving club will meet every Thursday at Monson Senior Center on Main Street in Monson from 6-8 p.m. The club meets throughout the year. Membership is \$10 for the year, payable in September. Anyone interested should call Barbara Mackintosh at 413-237-8303. There are many beginner projects and experienced teachers, as well, within the club.

STAINED GLASS MAKING CLASS will be on Thursdays at the Holland Community Center from 10 a.m.-1 p.m. or 6-9 p.m. Glass and tools are supplied. Take six classes for \$48. Class sizes are limited and are open to all ages. For more information call Tom Baltazar at 508-245-2525.

PALMER SALVATION ARMY Service Extension Unit offers residents in Palmer and Brimfield emergency assistance on a periodic basis. The outreach coordinator will be located on the second floor of St. Paul's Unitarian Universalist Church at 1060 Central St., Palmer. You must schedule an appointment by calling 413-221-8283 so you know what documentation to bring since those seeking assistance have to meet certain criteria and show proof of need. Please leave your name, number and the date you called. Phone messages are checked weekly, not daily.

BOOKSTORE at the Unitarian Universalist Parish of Monson at the corner of Lincoln and Main streets in Monson is open the first Friday of every month from 5:30-7:30 p.m., the third Saturday of every month from 10 a.m.-1 p.m. Books priced from 25 cents to \$1 each: fiction, nonfiction, thrillers, horror, mystery, science fiction, how-to, classic literature, children's books, romances, cookbooks, gardening books and more. All proceeds benefit the parish. Donations are accepted. Call Mary at 267-0033 for more information.

MARTHA'S TABLE STAFF at the Monson-Glendale United Methodist Church is supporting the Monson Open Pantry by providing a meal once a month to anyone who will bring a non-perishable food item. Staff have begun packing and delivering the meals in cooperation with the Monson Senior Center. The meal is served at the church, 162 Main St., Monson on the third Saturday of each month from 11:30 a.m.-1:30 p.m. For more information call 267-3798.

SENIOR LUNCHEON. The Monson Council on Aging invites seniors over age 60 to its luncheon program every Monday – Friday at the Monson Senior Center, 106 Main St., Monson. Home cooked meals are always served at noon. The requested donation of \$2.50 includes the entrée, bread, dessert and beverage. Menus are available in the COA newsletter. Luncheon reservations must be made by 2:30 p.m. the day before you would like to come to lunch. For more info or van reservations, call 267-4121.

GAME NIGHT will be held at Top Floor Learning at the Palmer Public Library the second Tuesday of each month: Apr. 14, May 12, June 9, July 14, Aug. 11, Sept., 8, Oct. 13, Nov. 10 and Dec. 8, 2020 from 6-7:45 p.m. There is no fee or registration required, and attendants must be 16 years of age or older unless accompanied by an adult. Games include Scrabble, Cribbage, Monopoly, Rummy, Chess, Checkers, Uno, Yahtzee, Bridge, Skipbo, Crazy 8's, Hearts, Dominos, etc. Attendees may bring their own. For more information call 283-2329 or email palewis19@yahoo.com.

MAKE A DONATION to the Monson Free Library in honor of a special person or family member, in the form of a book, DVD or CD, audio book or magazine subscription. The person will receive a letter informing them of your gift. The cost of donations is \$25 for a book, \$20 for a CD or DVD, \$100 for an audio book and \$20 for a magazine subscription. For more information call 267-3866.

EVENTS

Edward Jones is offering two free seminars via WebEx. Please RSVP and we will send you the information to join 413-289-1875. Wealth Planning (Tuesday, April 21 at 5:30 p.m.); Calm, Cool and Invested. Market Insights (Wednesday, April 22 at 12 p.m.); 10 Principles of Long-Term Market Resilience.

ONGOING

CAREGIVERS SUPPORT GROUP Please join us at 6 p.m. every first Thursday of the month at Palmer Healthcare Center, 250 Shearer St. Palmer. Light refreshments will be served Contact Kate Martin at 413-283-8361 for more information.

CHRISTIANITY EXPLORED - Who is Jesus? What did he achieve? How should we respond? "Christianity Explored" is a study which seeks to answer these questions from the Gospel of Mark. The course

involves seven weekly one-hour sessions using Bible study, related DVD viewing, and discussion of the pertinent passages. For more information contact Mal at 413-267-5025.

WEEKLY ACTIVITIES at the Brimfield Senior Center, located in the First Congregational Church, 20 Main St., Brimfield include strength training classes on Mondays and Thursdays from 9-10 a.m.; Tai Chi on Tuesdays and Fridays from 9-10 a.m.; gentle arthritis and chair yoga combo classes on Tuesdays at 10 a.m.; bingo on the second and fourth Wednesday of the monthly (\$1 per card, 25 cents per game, cover-all price \$10); There is a suggested donation of \$2 for 55 and up and \$3 for under 55. Lunch is served on Tuesdays and Thursdays, with reservations required by 11 a.m. on the previous day. There is a \$2 suggested donation. Planning, crocheting and knitting is offered the first Friday of each month and massage with Vicki is offered the third Tuesday of the month from 9:15-11:15 a.m., by appointment only. The cost is \$5 for 10 minutes and \$15 for 20 minutes. For more information call 413-245-7253.

KEEP HOMESTEAD MUSEUM at 35 Ely Rd., Monson, CLOSED UNTIL FURTHER NOTICE. The hiking trails and the sculpture garden are open daily until dusk. For more information call 413-267-5210, email khn@keephomesteadmuseum.org or visit www.keephomesteadmuseum.org

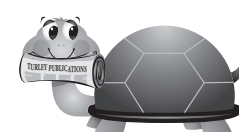
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Easter bunny parade hops through town



On Easter Sunday, the Three Rivers Fire Department, Bondsville Fire Department, Palmer Police Department, and Palmer Ambulance Service held a rolling parade with the Easter Bunny.

(Left) Emma Weirbrick and (right) Chloe Weirbrick as they wait on their front lawn for the parade to come through their neighborhood in Three Rivers.

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Additional measures to reduce crowding at state parks

Efforts will promote social distancing to aid in the prevention of spreading COVID-19

REGION – In an effort to prevent the spread of COVID-19, the Baker-Polito Administration today announced several new measures throughout the state parks system ahead of the upcoming holiday weekend. The Department of Conservation and Recreation (DCR) will work to reduce parking capacity at state park properties statewide starting Saturday, April 11, which will continue indefinitely.

Importantly, the measures will reduce close contact of park users, and aid in the reduction of large concentrations of people on adjacent sidewalks and paths.

Locally this means there is currently no vehicular access to Quabbin Park. There is extremely limited parking is available at the east entrance. People are asked not to park along Route 9 and consider other locations if this small parking area is full, according to the Massachusetts DCR website.

The Quabbin Visitor Center is closed to aid in the prevention of spreading COVID-19.

DCR is also postponing the start of shoreline fishing at Quabbin Reservoir and the opening of the Quabbin Boat Launch Areas until Sat. May 9.

DCR continues to stress that if a park is crowded, visitors should visit a different location or return at a later date or time.

While visiting state park properties, the public should visit locations that are located near their homes, limit their excursions to short periods of time, and only participate in recreational activities that are transitory in nature, such as walking, jogging and biking.

This will allow access to the outdoors while continuing to ensure social distancing to limit the spread of COVID-19.

The state parks system has over 450,000 acres of property, and every region of the state contains multiple parks to explore that may be less busy than others in the area. DCR also advises visitors of state parks to stay within solitary or small groups, avoid gatherings of ten or more people, participate in only non-contact recreational activities, practice healthy personal hygiene, such as handwashing for at least 20 seconds, and, stay home if ill, over 70, and/or part of a vulnerable population.

For further information of the measures that the department has taken to aid in the prevention of spreading COVID-19, please visit the agency's Massachusetts State Parks COVID-19 Updates webpage. Prior to visiting a state parks property, members of the public should review the contents of the webpage. For information about the Baker-Polito Administration's ongoing efforts to mitigate the spread of COVID-19, please visit the Department of Public Health's (DPH) website.

